

SPEAKER SERIES

April 4, 2017

HEALDSBURG HIGH SCHOOL LIBRARY

1024 Prince Avenue, Healdsburg

5:00 Social Gathering — 5:30 Business Meeting — 5:45 Speaker

Ceres Community Project Cathryn Couch



Cathryn Couch believes in the power of food to help people heal. It's something the professional chef discovered 10 years ago. Couch was asked to teach her friend's teenage daughter how to cook. So she turned the culinary lessons into a unique summer project: preparing healthy meals for three families dealing with serious health crises.

Couch has since expanded the idea into her nonprofit, the Ceres Community Project, which has nourished the bodies and souls of thousands of low-income people facing cancer and other serious illness in northern California. The organization also has a leadership training and gardening program, where teens raise about 5,000 pounds of food every year.

"Youth are our future," Couch said. "If we give them the skills to make healthy choices for themselves and connect them to the power of community service, we're shaping a healthier future for our communities and for them personally."

Since 2007, the Ceres Community Project has trained more than 2,000 young volunteers and delivered more than 450,000 healthy meals to sick residents.

—Sandy Beddow



Our President's Message

More Changes...

Healdsburg AAUW is in a flurry of year end activity. Many are working on the Grand Finale, aka the **AAUW Healdsburg Homes Tour**. This is our branch's major fundraiser. Everyone needs to contribute to the extent possible by attending, buying and selling raffle tickets, working on the day of the tour, or simply donating. There are six fabulous homes. Docents will only have two-hour shifts so everyone should have adequate time to see these homes. Of course, you are all invited to the After Party at the Museum. **SAVE MAY 7th** for Homes Tour.

We are now in the last **Forum** lecture series for the year with another stimulating course from Professor Chris O'Sullivan. We will be on "summer break" until fall.

The end of the year change involves the election of officers and board of directors and the subsequent celebration. Our bylaws require the election to take place at the annual branch meeting in May. Ever since I joined **AAUW**, we deemed the annual meeting as taking place in conjunction with the May Speaker Series. Then we held the Installation luncheon in June with the "passing of the baton(s)" or roses in our case. Prior to the last couple of years this was a slightly dressed up garden party until our group got too large for most gardens.

The problem with this schedule was that the May SpeakersSeries, held a couple of days after the Homes Tour, traditionally had a low attendance rate. The board realized that we were being elected without a majority of the popular or Electoral College votes. This year we are hoping for more voter participation and fun for all at the combined annual meeting/election and "inauguration."

The Annual Meeting & Election will be held on Saturday, May 20th, immediately followed by a celebratory **Garden Party**. **Cecile** and **Geoff Peters** have graciously agreed to host the event at their beautiful new home in Cloverdale. Details will follow in next month's *Grapevine* and email blasts. Carpools will be arranged. We hope you will all come, vote, and celebrate.

The other change for next year will be the suspension of the Tuesday evening Speaker Series. Whether this will become permanent remains to be seen. This decision was based in part on the survey results, reported on page 7. Also over the years, the popularity of the Speaker Series has waned with the proliferation of cultural, social, interest groups, and educational activities, especially the Forum and Great Decisions. Thus, it may be time for a change. Don't miss our last Tuesday evening together on April 4th for an excellent speaker, good company, and to thank **Violet Nelson** and **Sandy Beddow** for chairing the Series this year and preparing, analyzing, and reporting on the survey.

— **Ronnie Devitt**

Healdsburg Homes Tour 2017

Sunday May 7, 2017

10:00 A.M. to 4:00 P.M.



We are so excited about the six homes that will be on this year's Homes Tour and we know you will be too. Thanks to the hard work of **Yvonne Schell and Debbie Potmesil**, we will be featuring two large Victorian homes that have been beautifully restored and maintained, two wonderful small cottages that are over a century old, and two exciting contemporary homes. We know you'll appreciate the beauty of these homes that highlight Healdsburg home design: Then and Now.

Marian Van Alyea and our Head Docents have previewed these six homes and **Laura Tredinnick** and **Linda Clark** are signing up volunteers through the new sign-up system called Sign-up.com. We need many volunteers to make the tour a success and because we are including shorter, two-hour shifts for the Docents. This improvement means that you'll have lots of time to visit the other great houses on the tour. Spouses and friends can volunteer also if you want to recruit some talent on our behalf.

We've had a wonderful response from the community with a 20% increase in paid ads, a new "Supporters" page and six great sponsors. We expect to raise over \$17,000 from these contributions thanks to the excellent work of **Kate Van Ness** who has found new advertisers in addition to former leads from **Andrea Wolcott**. Look for the acknowledgements for these advertisers and sponsors on our Facebook page and be sure to "like" them!

The month of April is when we need to get the message out to the larger community so that we can encourage visitors to the tour. Last year we had over 750 tickets sold—a record that we'd love to equal this year. **Mary Neinaber** will be organizing a group to distribute posters and postcards throughout Sonoma County. Please contact her at booteen46@gmail.com if you're willing to spread the word.

Finally, don't forget to buy your tickets and raffle tickets. Click on the link on the **AAUW webpage** for more information. Our advertising sales are just a small portion of the funds we need to raise to provide the scholarships and grants that make the **Healdsburg AAUW** such a leader in local education.

—**Kim Alexander and Carlene Reininga, co-chairs**



Healdsburg Homes' Tour

Volunteer Opportunities

Ways to Participate

All members are expected to participate in some way for our major fundraiser and we have many ways that can happen. You can choose to attend the tour, buy/sell raffle tickets, donate on-line and/or sign up for many volunteer spots the day of the tour.

How to volunteer

You have received an email with the link to Signup.com. All of the day-of-tour volunteer positions are listed for you to select. Many positions are seated and ideal for people who are uncomfortable standing or walking for 2 or more hours. ***If you need a seated volunteer position, sign up EARLY!***

BIG Changes to Docent Positions

We listened to your suggestions about the docent position and have made changes in response. The docent positions are now 2 hours long, instead of 3 hours. Hopefully, this is easier on everyone and allows more time for the docents to visit the other homes. The only requirement is that you should be comfortable standing the 2 hours. Remember that your spouse **or friend** is welcome to take a docent position at the same house. It is desirable for those who meet this physical requirement sign up as a docent and leave the seated positions for others.

Come to the After-Party

All of the positions: ticket and raffle sales, docents, refreshment servers, and general assistance offer interesting interactions with those attending the tour and are fun. The stories shared at the post tour happy hour are always entertaining.

—Linda Clark and Laura Tredinnick

Calling All Cookie Bakers....

Greetings to all new and experienced **Homes Tour** cookie bakers: your services are requested! This year's **Homes Tour** on Sunday, May 7 promises to be another great success.

Sign up soon to bake about four dozen cookies. Please email me at patswaney@gmail.com or call me at 707-431-1241 to let me know you will be baking. I will keep a list of names, and will be in touch with you as the Tour date gets closer, to inform you about cookie drop-off instructions.

This year I am encouraging some of you to "think beyond the chip." Last year we had an overabundance of chocolate chip cookies. Yummy as they are, a bit more variety would be great.

As a reminder all cookies should be delivered in disposable boxes with tops.

Your delicious contributions to a successful **HHT** are much appreciated, and I look forward to hearing from you soon!

—Pat Swaney, Refreshments Chair

PUBLIC POLICY

Reproductive Health

Reproductive health for Americans faces an uncertain future with the election of Donald Trump and the Republican held Congress. The President and his GOP colleagues have made it clear that they are planning to dismantle the Affordable Care Act (putting no-cost birth control at risk, among other things) and they will defund Planned Parenthood. According to the organization's leadership, 2.5 million people rely on Planned Parenthood for essential healthcare, including cancer screenings, mammograms and birth control. Community health centers and public health officials speculate that no one else could handle servicing all of those who would be without care.

Planned Parenthood reports a 900% increase in women getting the 5 or 10 year IUD since the November 2016 election, giving themselves a birth control option that will outlast the current administration. According to an article on "The Center for Reproductive Rights" in early February 2017, some states are looking ahead and making plans to aid their citizens. In Oregon, legislators have introduced the Reproductive Health Equity Act, which would continue to provide contraceptive without copays, in the event of an ACA repeal. It would ensure similar coverage for reproductive health services like STD screenings and abortion. The Illinois Abortion Act of 1975 states that if Roe vs. Wade is ever overturned, abortion will be illegal in the state. Lawmakers there are hoping to pass HB40 which would repeal that provision in the law and ensure women on Medicaid and state employee health insurance have abortion coverage. And, lastly, in New York, Governor Cuomo has floated the idea of a ballot amendment to put the right to abortion in the state constitution.

Americans are showing support for reproductive rights and could make it difficult for legislators concerned with public opinion. Nara-ProChoice America reports that 7 out of 10 people support legal abortions. The Centre for Reproductive Rights has seen hundreds of new donors, many of them monthly sustainers, in recent months. And Planned Parenthood reports more than 400,000 have donated since the election (some in Vice President Mike Pence's name); however even those amounts won't match lost federal funds if defunding occurs. However, Planned Parenthood says it will find a way to continue providing the care that patients need. Get involved by calling your Congressional representative and demanding that they protect reproductive health services for all Americans today.

Author: Charmen Goering, AAUW-California State Public Policy Committee. Article first appeared in the AAUW Sacramento Capital Ideas, February 2017.

—Submitted by Michèle St. Clair

COMMUNITY SERVICE

Reading Rocks

For nearly ten years the Reading Rocks program has been working with young Healdsburg students to help them improve their reading skills, build their confidence, and give them the individual



attention that is so hard for the classroom teacher to devote to them. This year volunteers help in four classes at Healdsburg Elementary, and one class each at the Fitch Mountain Campus and at the Westside School.

Both the volunteers and the children look forward to their time together as noted by the number of hands that go up when we walk into the classroom with the students saying "Can I be first?" One volunteer reports that when she asks the students if they are reading at home and if so, who do they read to, she gets various answers such as Mom, Dad, my baby brother, my dog and one little girl even reads to her pet turtle. But it is those who reply that they don't read because Dad works at night and Mom is busy with my brothers and sisters that really tug at your heart strings and make this program so worthwhile.

— **Shally Schultz**

Speech Trek

Below is a remarkable email from **Sonoma County Supervisor James Gore** sent to the 4 male students who competed in this year's Speech Trek:

I wanted to give the 4 of you a huge shout-out for having the courage to step up to the plate and deliver those speeches.

I admire you all for giving yourselves to the issue of empowering women and girls in our society, and for delivering passionate speeches in supporting them. Men need to stand up and call for equality for women - it is our duty as sons, fathers, friends, husbands, and members of society.

I want to thank you for diving into the subject, and educating yourselves (and me) on the fight to get an Equal Rights Amendment into the Constitution. With everything that's going on in our political and civic communities, the topic couldn't be more timely.

If there is ever any way I can help any of you in your future endeavors, please do not hesitate to ask. Letters of recommendations, etc...

All the best. James Gore

— **Judy Edmonds**

SPEAKER SERIES SURVEY RESULTS

And the Survey Said . . .

- **Number of meetings survey participants attended during 2016:**
 - 1-3 meetings (37%)
 - None (37%)
 - 4 meetings or more (27%)
- **Survey participants did not attend the Speaker Series because:**
 - 5-7 pm is not a good time (51%)
 - Tuesday evenings do not work (44%)
 - the majority of topics were of little interest (41%)
- **Survey participants would attend Speaker Series:**
 - with a change of time (Afternoon 62%)
 - if held on a different day (Wednesday 43%)
- **Speaker Series should focus on:**
 - Community (98%)
 - Branch Mission and Goals (56%)
- **Currently we have 7 Speakers Series meetings annually. Should we have:**
 - Less (90%)
 - More (10%)
 - None (0%)

Comments made by survey participants:

- Schedule a speaker only if there is an unusual opportunity to secure an important speaker on an important topic, rather than having a regular schedule.
- Give consideration to Saturday mornings if decide to continue but I think you should reduce the number.
- I miss the snacks and socializing simple appetizers promote.
- I think seven a year is a good number. I don't mind having a short business meeting beforehand so members know what is going on.
- The low attendance to SS is hard to figure out. Perhaps it seems like one of those optional activities that people find easy to skip. Maybe if there were fewer speakers per year and those programs were promoted more vigorously we'd get better attendance. Could it be that the Forum has cut into attendance?
- Important for our members to gather periodically to foster a sense of belonging and commitment to our mission/goals.
- We have three Great Decision groups now.
- I suggest a reminder blast the day before each meeting.
- I enjoy the variety of topics and learn a lot. Very pleased with the speaker series.

Thank you to all the **AAUW** members who completed the Speaker Series Survey.

—**Sandra Beddow** and **Violet Nelson**

AAUW FUNDRAISING UPDATE

Our successful fundraising efforts have enabled **Healdsburg AAUW** to support a wide variety of local education-related activities (**Healdsburg Education Foundation programs, Tech Trek, Speech Trek**) as well as provide scholarships to high school and junior college women. Our annual **Homes Tour** and our **Forum** classes are our most visible fundraisers, but we have also raised significant amounts of money through ad hoc events: such as the Oliver Ranch tour and the “Hollywood in Healdsburg” premiere night. In addition, we have encouraged members to make annual donations to the Healdsburg **AAUW Fund** and the **national AAUW Funds**. As chair of our Fundraising committee, I want to thank everyone for the generous support of our fundraising activities.

Donations received as of February 28, 2017

Donations to Healdsburg AAUW Fund – 2016-17 Fiscal Year

Anonymous	Terry Leach
Diane Burnley	Denny Martin
Sue Campbell (<i>in memory of Doris Golden</i>)	Patty McHugh
Linda Clark	Winky Merrill
Ronnie Devitt	Laura Moore
Cher Frechette	Mary Nienaber (<i>in memory of Elena Monett Zienino Gomes</i>)
Marcia Fosberg	Kate Olivier
Sheila Giovan	Angele Bonura Rice
Nancy Haiston	San Francisco Foundation Al Garren Fund
Julie Hanamura	Arlyne & Jerry Sarquis
Billie Harrison	Zoe Schwartz
Carol Hazlett	Suzanne Valla (<i>in honor of teachers & school volunteers</i>)
Janet Hoehn	Karen Warburton (<i>in memory of Tony Puente</i>)
Cynthia Jacobs (<i>in memory of Donna Healey</i>)	
Kay Kohler	
Stephen Laruccia	

Donations to Tech Trek – 2016-17 Fiscal Year

Anonymous	Soroptimist International of Healdsburg
E&M Electric	Heidi and Don Blumenthal
Healdsburg Kiwanis Club	Tricia Coxhead
Rotary Club of Healdsburg (noon)	Amy Neel/The Neel Foundation

Donations to AAUW Funds (national) – 2017

Cynthia Brenton	Billie Harrison	Barbara Micallef
Diane Burnley	Susan Hartz	Eileen Michaelian
Catherine Chiminello	Carol Hathaway	Sandi Passalacqua
Linda Clark	Janet Hoehn	Carlene Reininga
Tricia Coxhead	Cynthia Jacobs	Nancy Renkiewicz
Candace Danhausen	Laura Kramer	Angele Rice
Ronnie Devitt	Terry Leach	Janice Scales
Marcia Fosberg	Patricia Lenz	Yvonne Schell
Cher Frechette	Liz Loebel	Joyce Scramaglia
Charlotte Garner	Maria Lucidi	Karen Thomas
Janet Garwin	Ann Mahoney	Suzanne Valla
Joanna Gros-Balthazard	Valerie Marder	Gail Wright
Nancy Haiston	Dee McGuffey	

Donor information for the 2017 Homes Tour will be available in June.

— Janet Hoehn, Fundraising Chair

APRIL SOCIAL ACTIVITIES: **AAUW Healdsburg Lunch Bunch** Luncheon

Wednesday, April 12, 2017, 12:00 Noon

The Trading Post

102 South Cloverdale Blvd
Cloverdale

Menu:

*Spring garlic and Trading Post garden vegetable tart or
Leek, braised greens and ham tart
Chicken salad on marbled rye tea sandwiches
Garden Salad with shallot vinaigrette
Orzo pasta with asparagus, chive and blood orange dressing
Passion Iced Tea
Seasonal Lemonade
Wine and beer available for purchase
\$28 per person inclusive of tax and gratuity*

If interested in attending, please make your check out to:

**Laura Kimbro
227 Grant St.
Healdsburg**

Deadline for payment is April 5th.

For more information contact Laura at (602) 722-4158

Our Second Wine-N-Dine is Coming April 21st

Our popular **Wine-N-Dine** event will be coming up again on Friday, April 21st. These dinners, held simultaneously at various member homes, are great ways to meet new people in the **AAUW**. All are welcome either as a couple or a single. Because there are anywhere from 6 to 10 people at each dinner party, it is easy to talk with everyone and get to know them better, while enjoying great food and wine!



An **email blast** will go out on **March 24th asking for volunteers to host the April 21st event**. Once we line up hosts, we will send out an email on **April 1st asking if you would like to attend as a participant**. Please be on the lookout for these two emails if you would like to take part as either a host or a guest

Many of you know the “rules” for hosting a **Wine-N-Dine** event; however, for our new members and for those who need a reminder, here are the guidelines.

The host is responsible for:

- Choosing the arrival time, setting the menu (may be a theme if you like), setting the table, and asking the attendees to bring a course for the meal.
- Usually the host supplies the main course, however she may choose any course. The host then asks the members of the group to each bring one of the additional dinner courses. (The courses usually included are an appetizer, a salad, a main dish, a side dish, and a dessert.) This may be modified depending on the number of attendees.
- Two singles may be asked to share a course, or each could supply one, depending on what is needed.
- Each “couple” should bring a bottle of wine or a beverage of their choice.

During the evening, some hosts choose to let the conversation flow. Others ask attendees to share a little about themselves. The hosts are free to organize the evening as they choose.

We hope you will attend one or both of these fun, intimate dinner parties!

Please email Liz Loebel at lizloebel@gmail.com if you would like to host.

— Liz Loebel and Debbie Potmesil

MEMBERSHIP

This is something we should all consider about AAUW membership.....

The only requirement for membership in **AAUW** is that the applicant be “anyone holding an associate’s (or equivalent, e.g. RN), bachelor’s or higher degree from a regionally accredited college or university.”

In the March Grapevine our chapter President, Ronnie Devitt, brought this issue to our attention. “I am opposed to the degree requirement because it is organized discrimination without a rational basis. The mission of AAUW is advancing equity for women and girls through advocacy, education, philanthropy, and research. A degree is not required to support this mission.”

*I wholeheartedly agree with Ronnie’s sentiment about the current **AAUW policy** excluding individuals who do not hold a degree. Our mission is not advanced by excluding those in our community who share our goals but who do not have the appropriate “pieces of paper” to join us. At this time, when our country is so divided, I think it’s important to welcome everyone who wants to be a part of **AAUW**.*

—Janet Hoehn

Many of us also agree and feel strongly about this issue.

If you agree please let National AAUW know when you vote in the national AAUW election. (This year you will be able to vote between April 14 and June 15th in the **AAUW** national election **which will contain a proposed bylaw amendment to eliminate the degree requirement.**)

MEMBERSHIP DUES

You can pay your AAUW annual membership dues for 2017-18 online immediately. **An invoice with all the details of how to pay will be sent to you soon. Watch for an email from EONline@aauw.org to appear in your IN box,** or by sending a check written to **AAUW** for **\$94** to Deana Fusco, P.O. Box 1064, Healdsburg, CA 95448.

Thank you for being prompt.

—Deana Fusco, Membership

MEMBERSHIP UPDATES

Membership Rosters are being updated in April. Please check for information on the existing roster and let us know if there are any changes to be made.

—Deana Fusco, Membership

NEW MEMBERS

Naomi Ramsden

ramsdenn@aol.com

If you are interested in being a ‘Buddy’ for a new member please contact **Pat Bertapelle, pat@vbbn.com**New members are the life blood of our organization, and the experience of a new friend is invaluable!

—Pat Bertapelle

If you are aware of any member who is ill, has had an operation, an accident, or has passed away, please notify **Sheila Kneass** that a card can be sent to the person or family from **AAUW**. skneass@aat.net or (707)433-5646.

FOR YOUR INFORMATION:

Occasionally the email and/or website links do not work for some of our **AAUW** members. If this occurs

- For emails, go to your own email site and type in the email address
- For websites, go to Google and type in the website address

We apologize for this inconvenience; however, we have been unsuccessful in correcting this occasional glitch.

The ***Grapevine*** is published online each month, except in July and August. Please submit articles, announcements, and photographs by the 15th of the month to the ***Grapevine*** editor, **Diane Burnley**, dburnley@aol.com