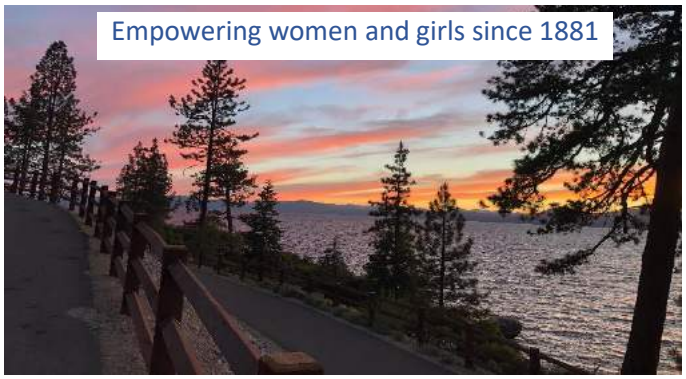
Sierra Reflections

November 1, 2019, Vol. 29 No. 3

TAHOE NEVADA AAUW

Empowering women and girls since 1881



PRESIDENT'S MESSAGE

Thanksgiving is around the corner, and we have a lot to be thankful for. We live in one of the most exquisite places on earth, our own Incline Village at Lake Tahoe. Most of us have our health, funds that we can rely on, and people in our lives who bring us joy and happiness. And we have so much to do, for ourselves, our families, our community, AND for our AAUW organization!

At this time of year, we remember those less fortunate, those for whom we might lend a hand, help out financially, or just lend an ear. Our October meeting brought us an awareness of NPH, a wonderful organization helping children in South American countries, by housing, clothing, feeding and educating children who might otherwise not have any of these opportunities. Xavier Walker gave a most inspiring presentation.

And at our November 20th general dinner meeting, you'll have an opportunity to hear Carla Manly, author of Joy from Fear. Should be a most interesting presentation!

BUNCO is at my house this month… On November 7th, 6 p.m. Please be in touch with Donna Daulton if you'd like to join us. See flyer later in this newsletter.

And, PLEASE Save the Date for our Holiday Party! This year, we'll be celebrating the holiday on Wednesday, December 18th, our regular meeting dinner. We're planning a festive holiday celebration, and of course, spouses and significant others are welcome to join us. Stay tuned for further details. We NEED your help and input for this, so please be in touch with Debbie Nicholas or Robin Grean to volunteer. An exceptional dinner, entertainment and a fun-filled evening is planned. Stay tuned for more information.

Hope to see each and every one of you at one of our AAUW upcoming events, and don't forget to mark your calendars for our November dinner meeting on November 20th. See you there!

Best always,
Millie

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November Program

Our next dinner meeting is Wednesday, November 20th at the Parasol Building – 948 Incline Way, Incline Village, NV. Social Hour starts at 5:30 with dinner beginning at 6 PM. Reservations will be sent by Google Forms the 1st week of November or you can send a message to membership@tahoenvaauw.org (Pam & Valerie). Two local vendors that help make our dinners successful are Sunshine Deli and Glasses Wine Bar. Please consider visiting these businesses and mention that you are an AAUW member.

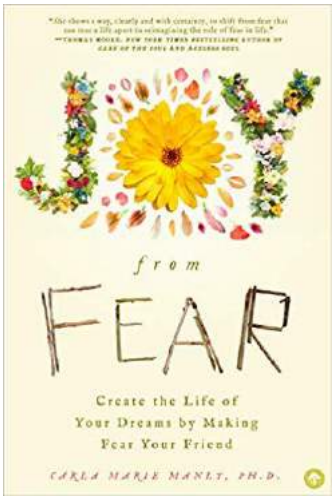
Menu for November

Green Salad
Beef Stroganoff
Stuffed Acorn Squash (vegetarian)
Vegetable Medley w/Bechemel Sauce
Balsamic Strawberry Crepes

***Please be aware that AAUW Tahoe Nevada must pay for all RSVP'd dinner reservations.* **Our longstanding policy has been that if you have made a dinner reservation and fail to cancel by 5 PM on Monday before the dinner meeting, you will be expected to pay for the dinner.**

October 16, 2019 Speaker: Dr. Carla Manly, Ph.D., "Joy from Fear: Create the Life of Your Dreams by Befriending Your Fear"

Dr Carla Manly is a clinical psychologist, author and advocate based in Sonoma County, California. She is passionate about helping others create the lives of their dreams. Dr. Manly offers insights on even the most challenging topics. Focusing on optimal wellness, she skillfully promotes mindfulness, stress reduction, fitness, and self-care with a direct and honest approach--plus a dose of humor. In her new books, *Joy from Fear* and *Aging Joyfully,* Dr. Manly takes the reader on a soulful adventure into self-awareness. Come join us for this very dynamic discussion.



Fundraising Committee Update

Our two EVENTS in OCTOBER were very well attended. Bonnie and her committee did a wonderful job of organizing the Game Night. The "GEORGIA O'KEEFE EXHIBIT" AT THE NEVADA MUSEUM OF ART was outstanding thanks to our knowledgeable docent, Jane Brown. Thank you to all those who attended.

PLEASE JOIN US FOR THESE UPCOMING EVENTS

BUNCO NIGHT- Thursday, NOVEMBER 7th at Millie's home. Please call Donna 916-759-0545 to tell her if you want to bring a dessert, wine or appetizer.

Please save the date for "OUR HOLIDAY PARTY"- DECEMBER 18, 2019 5:30-10:00.

Our next meeting will be on, WEDNESDAY, November 13 at 4:00 at The Parasol Building. We need your help and suggestions to plan all our up and coming events. Call me or send an email ray_cookie@yahoo.com.

VOLUNTEERS NEEEDED FOR HOLIDAY PARTY

As you all are aware, we are currently in the planning stages of our Holiday Party on Wednesday, December 18, 2019. We need assistance in three areas.

Between now and the beginning of December: we need help with offers or solicitation of items for a Silent Auction. If you own a business and are willing to offer a service, or gift, or if you are willing to contact various local businesses for donations, please contact us!

On the event date, we need assistance with set up in the afternoon and with clean up of the room after the party.

If you can assist, please contact Debbie at 775.843.0775 nicholas89451@gmail.com or Robin Grean at rgrean@aol.com . Thank you !!!!

WHAT: AAUW's Monthly Bunco Night
WHERE: Millie Szerman's House, 633 Woodridge Circle, Incline Village
TIME: 6:00 PM
BRING: $10 cash and either wine, dessert or an appetizer.
RSVP: donnadaulton@gmail.com
WHY? - Meet new friends! Have fun! Win prizes! Help with Fundraising!

Bunco nights are held on the first Thursday of the month, except for December, which will be held on the 13th. You can join the Bunco email list, by contacting Donna Daulton (donnadaulton@gmail.com) and receive an invitation for each month's Bunco Night. Folks will sign up to host and each host will let Donna know how many attendees she can accommodate (12 or 16 for 3-4 table groups of 4). Seats will be held for the first 12-16 people who RSVP. Attendees will bring $10 cash with half of that amount going to Fundraising for AAUW Scholarships. We hope to contribute $60-80 per month and have lots of fun and laughter, along the way!! Come join us.

SCHOLARSHIP COMMITTEE UPDATE

Our Women's Re-entry Scholarship recipient: Terri Martinez

As they say, when you're served lemons, make lemonade. A fall at work 11 years ago changed Terri's life forever. She was working at Firesign Café in Tahoe City and slipped on the floor. She saw stars but kept on working. It turned out she seriously damaged her neck and her shoulder, requiring surgery on the front and back of her neck and on her shoulder. This ended her career in the restaurant industry.

She didn't know what to do next and was in constant pain. This sent her down a seven year long spiral of alcoholism and depression. An Incline Village resident pulled her out and brought her to an AA meeting. Now, seven years sober, she has finished an AA degree in substance abuse counseling and has passed the first state boards to be a counselor. Currently she attends Capella University with a goal of a BA in psychology and then a Master's in social work. She is on the dean's list and is proud to be the first person in her family to earn a college degree. She will finish her BA next Sept. Her goal is to give back to this community as there are limited resources here for people who need drug and alcohol counseling.

Terri is immensely grateful for the scholarship. She didn't have the resources to finish her education. Receiving the scholarship brought tears to her eyes. Thank you, AAUW.

Other thank you letters:

THANK YOU

Dear AAUW,

I want to thank you for giving me a Scholarship for the Girls math and technology camp at UNR. I had a lot of fun and I learned alot.

Sincerely,
Annabella Winckler

College of Education
University of Nevada, Reno

October 4, 2019

AAUW Tahoe Nevada
PO Box 5465
Incline Village, NV 89450

Dear AAUW members,

On behalf of the College of Education, we would like to thank you for your generous sponsorship of tuition for the Girls Math & Technology summer camp program. Your commitment to a diverse and inclusive learning community gives us the resources to be a leader in guiding and shaping high-performing education professionals.

Each year the College of Education continues to advance its mission of preparing well-qualified educators, human development specialists, counselors, administrators, and other professionals to strengthen the social, educational, and economic well-being of all citizens in Nevada and beyond.

Through your partnership, we continue to move towards becoming a "world-class" College of Education, providing our students with the skills essential for thriving in a global, knowledge-based economy.

We would like to extend an invitation to visit with students in our 2020 Girls Math & Tech Academic program. There is no better way to witness firsthand the impact of your gift. We will follow up with you next summer. Thank you again for your generous support.

Sincerely,

Donald Easton-Brooks
Dean

Stefanie Givens
Director of Development

Development & Alumni Relations
University of Nevada, Reno/278
Reno, Nevada 89557-0278
(775) 784-6914 direct
(775) 784-4345 office
www.unr.edu/educ/donors/development

NEWS

Cards and Games Fridays from 1-4 the Incline Village Community Center (located at 855 Alder Avenue - next to the library) has drop-in cards and games scheduled for seniors. Grab a friend or two and stop by to play something from the wide variety of games on hand, work on a puzzle - or bring your own game! Contact Abby Badolato, Washoe County's Senior Services Coordinator, at abadolato@washoecounty.us if you have questions. Todd Acker at Washoe County is always looking for volunteers for the Center - you can reach him at tacker@washoecounty.us.

INTERESTED IN TRAVEL? WORKING ON YOUR BUCKET LIST? FIND IDEAS, TRAVEL PARTNERS
If you are interested in travel, come and join us for a new special interest group. Debbie Nicholas is interested in forming a group which may meet either bimonthly, or quarterly to share ideas, tips and planning for travel. Also, meet and pair up with others interested in the same destinations. We may have enough interest to obtain some group discounts or perks. If you are interested, please contact Debbie at 775.843.0775 nicholas89451@gmail.com by November 15, 2019 and I'll set up a meeting time and place.

SPECIAL GROUPS:

Great Decisions Group

It is now time to order books for the 2020 Great Decisions group. We meet once a month, on the fourth Wednesday of the month, at 6:30 p.m., from March through October, covering one of the eight topics each month. We meet in members' homes, and watch a 20 minute video, before having a discussion of the topic.

The eight topics for 2020 are:

- Climate Change and the Global Order
- India and Pakistan
- Red Sea Security
- Modern Slavery and Human Trafficking
- U.S. Relations with the Northern Triangle
- China's Road into Latin America
- The Philippines and the U.S.
- Artificial Intelligence and Data

All are welcome to join us. To place the order for your book, please send a check for $35.00, made payable to AAUW, to:

AAUW
PO Box 5465
Incline Village, NV 89450

If you have any questions, please contact one of us below.

Cornelia Gould (cornelia.gould@gmail.com)
Patty Proctor (patricia_proctor@yahoo.com),
Co-chairs, Great Decisions Group

Cooking Club Update

Ten members of the Cooking Club enjoyed an evening of Fall inspired recipes at the home of Kay Lehr. The menu was:

Roasted Shrimp with 2 dipping sauces (homemade thousand island dressing & homemade cocktail sauce)
Roasted Pear Salad with Butter Lettuce, Blue Cheese & Candied Pecans
Braised Chicken with Saffron Onions and Italian Couscous
Date Relish
Corn Souffle
Olive Oil Cake with Crème Fraiche & Candied Tangerines

We meet year round at the home of one of our members, generaly on the first Monday of each month for dinner. We offer themed dinners with seasonally inspired dishes cooked by our members. We mix it up with an occasional cooking demonstration taught by experts in our group (Asian pot stickers, Chinese Moo Shu Pork, Din Tai Fung Marinated Cucumber salad was one of our demonstration events this past year) + we enjoy chef inspired menus (a Bobby Flay BBQ evening for example) with each member selecting their own favorite recipe from that chef. The best part of the Cooking Club is that we all get to enjoy fabulous food, libations & camaraderie with other AAUW TN members – a real opportunity to get to know some of the special people that make up our membership base.

If you are interested in joining the Cooking Club, please contact Julie Tice or Peggy Poindexter (contact information in the AAUW TN 2019-2020 Directory).

OUTDOOR ENTHUSIASTS GROUP

The Outdoor Enthusiasts' Group gets together year-round to enjoy hiking, snowshoeing, other outdoor activities (and good companionship!) in the beautiful Lake Tahoe area.

For hiking and snowshoeing, we meet at 9:30 AM every Monday (weather permitting) in the lower parking lot of the Village Church on McCourry Blvd. at the Mt. Rose Hwy.; from there we carpool to our trailhead. November is often a transition month for our hikes. We will continue to hike until the snow flies. If there's not really enough snow to snowshoe at higher elevations, we will continue our hikes closer to lake level. Please contact me at Lwhetstone@prodigy.net or 775-831-8608 if you would like to hike (or snowshoe) with us. You will be notified by email of planned outings as well as any last-minute changes due to weather.

Both the Wednesday morning kayak outings, led by Liz Paganelli, and the road-biking group—the Wheeling Women, led by Millie Clarke--have ceased their activities until the Spring. Many thanks to Liz and Millie for their leadership.

We hope you can join us in the great outdoors!

Lynn Whetstone

BOOK CLUB UPDATE

The Book Club meets monthly on the second Monday of every month at 6:30 PM, with the exception of December. New members are welcome! Our list of remaining books for the 2019 - 2020 season is included below. Members volunteer to host meetings in their homes and to lead the discussions. Appetizers, sweets and beverages are provided by the attendees. For additional information or to be added to the email distribution list, please email Suzie Parks (SuzieParks@gmail.com) or Lee Hall (leehallpt@yahoo.com.

Our next Book Club meeting will be on Monday, November 11th at Deena Behnke's home on 491 Alpine View Drive. Our discussion leader will be Millie Clarke. Our book is 'The Endurance: Shackleton's Legendary Antarctic Expedition' - the harrowing tale of British explorer Ernest Shackleton's 1914 attempt to reach the South Pole, one of the greatest adventure stories of the modern age. It was awarded top history book of last year by Amazon Book Review Editor, Chris Schluep. This is a thrilling account of one of the most astonishing feats of exploration and human courage ever recorded.

Sincerely,
Suzie Lynnes-Parks and Lee Hall

2019-2020 AAUW BOOK GROUP BOOKS

November 11 ENDURANCE by Alfred Lansing
Discussion Leader: Millie Clarke; Hostess: Deena Behnke

January 13: A GIFT OF RAIN by Tan Twan Eng
Discussion Leader and Hostess: Susie Lynne Parker

February 10: A MOMENT OF LIFT by Melinda Gates
Discussion Leader: Kelly Werner; Hostess: Monica Hill

March 9: NORMAL PEOPLE by Sally Rooney
Discussion Leader: TBD; Hostess: TBD

April 13: WHERE MEN WIN GLORY by Jon Krakauer
Discussion leader: Jennifer Grant; Hostess: Mary Mosher Armstrong

May 11: MEETING TO SELECT BOOKS FOR 2020-21

Juneclose 8: RED NOTICE by Bill Browder
At the Beach; Discussion leader: Jean Gaudreau

Calling All Bookworms…

Visit the book table at the AAUW dinner meeting.
Donate a book or audiobook CD
Take a book
Make a small donation…

COMMUNICATIONS REMINDERS

Newsletter

A reminder that articles for the newsletter are due the 25th of the preceding month. We often have a community information section in the newsletter. If you have information regarding volunteer opportunities or other items/events of general interest you would like to provide to our members, you can send it to Communications@tahoenvaauw.org, and we will try to include it.

Small ads - $30

We are returning to an old tradition of running small ads for our members in this newsletter. The ad will be the size of a business card—in fact, it may very well be your card! For the small fee of $30, your ad will appear in the 8 newsletters of the year. The amount will be contributed to our fundraising efforts that support girls' and women's educational opportunities. Tahoe-NV AAUW Branch does not endorse or profit from any of the businesses advertised in this newsletter. This advertising is open equally to all our branch members and raises money for our scholarship fund.

Facebook

We have had a growing interest in our Facebook page. Our events are posted there as well as other photos of our membership. As long as your photos and news stay focused on women's professional and educational accomplishments, ways we empower girls and women through educational opportunities, and our AAUW activities together, you are welcome to post as well.

Follow Tahoe Nevada AAUW on Facebook! Get instant updates on events and great photos by/of our members! You can post your own photos or send photos and ideas to Larissa and Laura at Communications@tahoenvaauw.org for inclusion on site.

2019-2020 AAUW TAHOE NEVADA

Board/Activity Contact List

Elected Officers	Office Held	Email Address	Phone
Millie Szerman	President	President@tahoenvaauw.org	775-833-3311 H
Larissa Faulkner	President-Elect	Communications@tahoenvaauw.org	775-443-1594 C
Pamela Sheldon	Membership	Membership@tahoenvaauw.org	626-644-6818 C
Valerie Kuchulis	Co-Membership	Membership@tahoenvaauw.org	510-853-9119 C
Laura Durica	Programs	Programs@tahoenvaauw.org	408-476-2262 C
Mignone Wood	Co-Programs	Programs@tahoenvaauw.org	650-224-6256 C
Mary Mosher-Armstrong	Secretary	mary@littlemarysunshinerealestate.com	775-339-1979 C
Helen Trop-Zell	Treasurer	helentropzell@gmail.com	480-688-9252 C
Suzanne Evans	Co-Treasurer	1suzanneevans@gmail.com	650-759-3410 C
Appointed Officers			
Jane Dykstra	Communications-Directory	tahoejane@gmail.com	775-240-6913 C
Larissa Faulkner	Communications-Website/Newsletter	Communications@tahoenvaauw.org	775 443-1594 C
Robin Grean	Publicity	rgrean@aol.com	415-299-1576 C
Cookie Steinberg	Fundraising	ray_cookie@yahoo.com	818-606-0081 C
Connie Skidmore, RP	Parliamentarian	cwskid@att.net	775-232-9250 C
Esther Levandowski	Scholarships	runningbluecats@gmail.com	775-831-2434 C
Stephanie Young	Co-Scholarships	syoung121@sbcglobal.net	831-234-7655 C
Honorary Officers			
Judy Miller	Past President	pupfarm1@gmail.com	408-781-0130 C
Activity Leaders			
Outdoor Activities Group			
Lynn Whetstone	Group Coordinator/Hiking	lwhetstone@prodigy.net	775-831-8608
Millie Clarke	Biking	mclarke47@gmail.com	775 831-5263
Liz Paganelli	Kayaking	lpag007@aol.com	775-831-9183
Other Activities			
Cornelia Gould	Great Decisions	cornelia.gould@gmail.com	775 298-2057
Suzie Lynnes-Parks	Book Club	susan@lynnes-parks.com	775-831-9438
Lee Hall	Book Club	leehallpt@yahoo.com	775 298-2378
Sharon Matthews	Book Exchange	Shartalk@hotmail.com	775-831-1258
Liz Paganelli	Book Exchange	lpag007@aol.com	775-831-9183
Peggy Poindexter	Cooking Club	peggypoindexternv@gmail.com	703-628-9300
Donna Daulton	Bunco Night	donnadaulton@gmail.com	Rev. 10/31/19