

Gold Filings



May 2022

Branch Website: <https://amador-ca.aauw.net>

Messages from the Leadership Chair



April Program Meeting Report

We had a fun and successful meeting on April 23 to celebrate our new and ongoing members. For those of you who weren't able to attend, you missed a good meeting and great desserts. Many thanks to Sue Harrington and Diane Christensen for creating such a clever crossword puzzle about Accomplished Women from the 4th - 21st centuries.

We also heard a lot of good ideas about programming, projects and fundraisers from the members present. If any of you have additional ideas, please share them with Stephanie.

Report on the California Annual Meeting

Julie Taylor and I attended the Annual California Meeting on April 30. It was interesting and there were some inspiring presentations as well as some useful smaller breakout room discussions on specific topics. The main meeting was recorded, including the three Speech Trek Finalists, the business meeting and the three keynote addresses.

It will be posted on the <https://www.aauw-ca.org> website soon. I encourage you to visit the site and watch the presentations.

SAVE THE DATE!

Our Annual Branch Meeting will be Saturday, June 18 at 11am.

Important! Come to vote, to honor our scholarship winners and make some plans for next year. It will be a potluck of salads & desserts, with drinks provided.

Don't forget to vote in CA and National Elections!

See details below. The voting period lasts two more weeks only -- through mid-May.

Historian's Corner

How Your Interests, Passions and Ideas Transition to Tomorrow's Programs

Our organization runs best when members offer their ideas and time to create interesting programs. This does not mean you are on your own to do all the work. For example, a member new to the area could suggest that a speaker come to discuss Amador County History. Another member suggests a location for a luncheon or evening event and another suggests the name of a good speaker from the Historical Society or the County Archives or elsewhere. These women agree to meet and a program is born.

Members' interests motivate programs and projects while our Leadership Committee opens the door for us to get things done. The Leadership Committee has the necessary funds and insurance to support nearly every endeavor. Give some thought to how you could create a program for AAUW-Amador which would share your interests.

Programs begin with an inquiry about a topic, a study group to investigate and/or understand the topic in more depth, and a project to provide an outcome or interesting event related to that topic. Passionate women dedicated to creating a better community or having a fun time are what drives these.

How has this worked in our past?

The founders of our branch were dedicated to making a positive impact on our county. Initially the topics of concern were a lack of recreational activities for the youth of the county, assisting in passing school bonds, and promoting young women towards post-secondary education. AAUW National offered programs such as "American Foreign Policy: Dilemmas and Realities" and "The Academic Community: The New Look on College Campus." The President of Sacramento State came for dinner and a student from UC Berkeley came to lunch to inform us about life on campus.

As the years progressed programs based on AAUW-initiated topics moved from speakers to groups to action plans.

- The topics "Actions for a Unified Society" brought speakers on the spiraling cost of health care, grocery store surveys, and registering people to vote.
- In 1965, the Older American Act was passed to address hunger, malnutrition and isolation in order to improve the health and quality of life for our nation's seniors.
- In 1971, AAUW-Amador (led by Grace Buckley and many others) decided that the needs of Senior Citizens were the needs least likely to be addressed and began investigating ways that they might document those needs and what could be done. AAUW groups in Amador, Tuolumne, Calaveras, and Alpine counties conducted surveys, compiled results, and won a grant that led to the creation of the Area 12 Agency on Aging, the Senior Meals program, the Commission on Aging and Senior Centers serving all 4 counties.

Brenda Walker, Historian

Membership Matters

Reminder: Renewal Dues for 2022-2023

National has raised their dues by \$5.00 to \$67.00. State dues are \$20.00 and Branch dues are \$16.00. The total 2022-2023 dues for all three is **\$103.00**. You can write a check for that amount and send it to us at PO Box 611, Sutter Creek, 95685.

Note--Don't try to renew online until you get an email from us or from National--the new database is not completely ready.

2022-2023 Directory

As I gear up to prepare next year's directory, please check your entry in the current AAUW Amador Directory and take this opportunity to correct any errors, to add new information or make changes. *Please consider adding your cell phone number.* There is no need to contact me if there are no changes or updates to your entry. Send all information to –

Michele Powell
1-209-296-1712
powell.michele288@gmail.com



New Member Welcome!

A'Laina Lyons was born in Rochester, Minnesota and adopted at birth with her twin sister, immediately relocating to Riverside County in Southern California. After a few years, her family moved to Northern California where she lived in various places in Marin County, including Mill Valley and Novato. Ultimately the family settled in Pleasanton, where she attended middle school and graduated from Amador Valley High School.

After graduation she attended the University of California at Santa Barbara. She started as an undeclared major since she had no clue about what she wanted to study, dropping out her junior year to become a ski bum at Mammoth. While fun, that time motivated her to return to UCSB to finish with her classes with a major in Communication Studies and a minor in Rhetoric. She took her knowledge and skills gleaned from her personal and professional life and built a rewarding career in Sales and Business Development. She currently works for Ernst & Young doing business development in the financial services sector.

She and her husband, Pat, have been married 34 years. Married in Laguna Beach, they eventually moved to Mill Valley, where they raised their 28-year-old daughter, Paige. The Lyons have been frequent visitors to Amador County, spending their weekends glamming on their forty-acre ranch in Plymouth. Eventually they decided that they would prefer living in a town, so they purchased a home in Amador City in 2015, which was featured on the Home Tour in 2016. After years of being "weekenders", A'Laina and Pat moved to Amador City full time in 2020.

In her spare time, A'Laina loves to cook from her kitchen garden. On the weekends, you can likely find her outside, walking or biking the backroads of Amador City, playing tennis, just hanging out by the backyard pool. BUT her passion is PILATES, which she has been practicing off and on for twenty years and finally has time to practice more often.

A'Laina's job has taken her all over the world, and she and her husband enjoy traveling. She credits the pandemic with helping her get off the "work treadmill" and the decision to retire in January 2023. She has many things to look forward to, including helping plan her daughter's wedding in the coming year. The end of one chapter, the beginning of another. She recently joined AAUW to meet a broader group of women in the community and so far she has enjoyed Libations and Conversations for its welcoming nature and stimulating programs. A'laina's big wish is for people to focus less on their differences and focus more on what they have in common.

Written by Nancy Street (with excellent editing by A'Laina) after a delightful interview.



Another New Member Welcome!

Susan Berg--in her own words...

I was born the middle child of five from a kind gentle father, who was an eye doctor and my mother, who was a nurse. I was determined to become a nurse and dedicate myself to service to others. I grew up in Carmichael on a small farm, and loved animals, from a very young age. I was drawn to horses and have been blessed to have them in my life for over 40 years. I was raised attending Catholic schools in Sacramento and attended Nursing school at USF during the heyday of the "hippie movement" in the 60s. I developed many of the values that I still maintain today and proved to be quite a challenge to the Catholic nuns and priests who tried to inculcate conservative traditional values, in the midst of a social rebellion, that I embraced with gusto.

I decided to obtain a Masters in Nursing from UCSF. During this program in the early 70s, I was the first woman to parachute in Livermore, but because of my slim figure (long gone BTW) I was blown 3 miles off course and hit a fence backward, fracturing my pelvis in 5 places, a consequence of the newly embraced feminist movement!

After traveling around Europe, Africa and Greece with a backpack, I decided I better settle down and married a coach in Stockton. A few years later, I was blessed with a wonderful son, who is the light of my life. I then began a life as a Nursing professor in Modesto, and later divorced after completing my Nurse Practitioner degree at UC Davis in Pediatrics, which was a brand new exciting advanced practice role for Nurses. I was drawn to work with children and adolescents and later would become a Nursing Professor of Pediatric Nursing in different colleges in Northern California.

I decided to pursue a Doctorate in Psychology in the late 80s to be able to teach at the University level at Sonoma State University, which was focused on Child and Adolescent studies. Due to the pursuit of a relationship, or a new job in a more rural location, I moved to Southern Oregon to teach Nursing again and/or work in clinical practice as a Psychologist. I soon realized that my patients would profit from psychiatric medication, so I pursued a post doctoral course of study in Psychiatry from UW, so that I could prescribe medications and provide counseling focused on children, teens and their families.

After 10 years in Oregon, my restless nature encouraged me to move to Arizona, to teach in Flagstaff at NAU, and later to Washington state, to teach at Gonzaga University in Spokane. In the past five years, I moved back to Oregon to semi-retire before finally retiring full time, with a plan to lead a quiet, relaxed lifestyle in California. My family all still resided in California, but I chose to move to the town of Paradise, the day before the Camp fire hit, with all of my animals in tow. I was blessed to have survived the fire, as did all of my animals and horses. After being evacuated 2 times, I landed in the quiet town of Lone. I can assure you that the "Rolling stone DOES gather Moss!" I finally learned my life's lesson that the grass is not always greener, and may in fact, be full of weeds!!

I have chosen to work part time in the Home Health Nursing field in Calaveras and Amador County, where I can still be of service to other seniors in our community. For fun, I spend time with my animal family and am learning to drive my Amish pony in a cart for entry level competition, but the "Old Grey mare" is quickly realizing my body can no longer keep up with my brain!

Tech Trek Update

The Tech Trek interview team of Gretchen Carlson, Jacque Fletcher and Nancy Street are pleased to announce that the girls selected for Tech Trek 2022 are **Zoey Laird, Alayna Critchfield, and Precious Samson**. All three girls are students at Jackson Junior High. We believe that these young ladies will represent Amador County well!

Each year I contact past Tech Trekkers to see how they are doing, and I ask them how attending Tech Trek impacted them. From time to time I will share with you some of their responses. Below are a couple.

My favorite memory of camp is hiking and spending the day in nature, as well as all of the wonderful people I met and friends I made. I've used all of the skills that I took away from camp since leaving, which mainly involve leadership and social skills I've used to expand my opportunities academically and work-wise. Tech Trek influenced me through expanding my knowledge academically and socially. I learned so much from my counselor, dorm mom, all of the girls around me, and from my STEM class teachers. I am considering majoring in college in either wildlife biology, forest sciences, or field conservation. Taylor Goss, TT '18

Tech Trek was such an important experience for me, and I'd love to get to be more involved and help out. I filled out the Junior Counselor application form. I really loved the conversations I got to have with my room mate and girls in my group. I also really cherish the outdoor place we went to and when I climbed the rock wall, and that moment of pushing through to get to the top and ringing the bell. I got to take the CSI class which was fantastic and we talked so much about chemicals and how they interact. Since I'm taking chemistry this year some of that information has transferred over and the fun things we did in that class have been cool to talk about with friends who are also interested in those things. Tech Trek really opened my eyes to how many women around me and girls I go to school with are interested in STEM courses. I felt so seen and for the first time, outside of my parents, I was being told that my academic interests were valid and supported. Camp was a great experience, the women and girls I met were so fantastic, and I really have felt so inspired to speak up in classes and to pursue a career in STEM from that. I am planning on going into nursing, and would eventually love to be a certified nurse anesthetist. Courtney Pera, TT '19

Gretchen Carlson
Amador Branch TT Coordinator

Monthly Calendar --Local Events

Monday May 9, 2:00 pm

Afternoon Book Club-- We will be meeting at Kathy Guletz' house to discuss *Molokai* by Alan Brennert.

Thursday, May 12, 4:00pm

Leadership Committee Meeting-- via Zoom. All Members welcome. Contact Stephanie if you want to join the meeting.

Thursday, May 12, 5:30pm

The Working Girls Book Group will be discussing *Women in White Coat* by Olivia Campbell. We will be meeting at the Vallarta Grill Mexican Restaurant, 11310 Prospect Dr, Jackson.

Sunday, May 15

Cork & Fork (participants know when and where)

Tuesday, May 17, 2:00pm

Great Decisions Group--We will be discussing "Changing Demographics."
Stephanie Young's house

Tuesday, May 17, 5:30-6:30

Libations & Conversations

Our speaker this month is John Silva, a retired Sergeant from the Amador County Sheriff's Office who founded Give Back Adventures as a way to give back to the community. He will discuss his 3,000 mile bike ride on the Great Divide Mountain Route to increase domestic violence awareness as well as his upcoming adventure this summer.

Scott Harvey Tasting Room, 79 Main St., Sutter Creek

Monday, April 25, 2:00pm

Page Turners & Book Lovers--We will be meeting at Michele Powell's house to discuss *Klara and the Sun* by Kazuo Ishiguro.

Monthly Calendar--Other Branches, State & National Events

Through mid-May only...

AAUW Elections

AAUW National election is open until May 16, 2022, and includes election of members of the national Board of Directors and changes in the bylaws that would streamline the nomination process and ballot administration. You should have received an email from **Shannon Wolfe** with instructions for voting. Learn more about the candidates and issues on the AAUW National website at: [National Election – AAUW : Empowering Women Since 1881](#)

AAUW California elections are open until May 14, 2022, and includes electing members of the board of directors and the secretary. You should have received an email from AAUW California with instructions for voting; more information is available on the AAUW California website at [2022 Candidates - AAUW California \(aauw-ca.org\)](#). Need a paper ballot? Contact the office at 916-389-0220.

Members Celebrating Birthdays in May!

Debra Brown
Judy Lerner-Liston
A'Laina Lyons
Aieleen Parker

Sunshine

A sympathy card was sent to Greta McElroy.

Please notify Dot Haislet if one of our members needs a sympathy or get-well card, but also if a "Congratulations" card is in order.

State and National Updates

California Public Policies to Watch

Your Public Policy Committee recently selected the top six bills to support during the 2022 California legislature session. They are:

- AB 92—creates an equitable sliding scale for family childcare fees
- AB 1666—enables persons from outside CA to obtain abortions
- AB 1968—mandates websites at CSU/UC campuses to assist sexual assault survivors
- AB 2881—gives priority to student parents in CA colleges
- SB 523—expands health plans' contraceptive coverage
- SB 1375—allows nurse practitioners to practice under standard protocols to provide first-trimester abortion care

You can keep track by following them [HERE](#).

Become a Volunteer Work Smart or Start Smart Facilitator

Are you committed to pay equity? Become a certified AAUW salary negotiation volunteer facilitator!

AAUW depends on people like you to help empower thousands of women annually to negotiate their salaries and benefits. Join the AAUW team of skilled volunteer facilitators to further your leadership development, gain public speaking experience, and sharpen your own negotiation skills and expertise. AAUW National provides the tools, resources, and materials to help you become a successful facilitator.

Email Salary@aauw.org to determine if you are eligible for this training. If so, you will receive an access code to register online. If you are a licensed AAUW campus or Work

Smart partner, please provide the name(s) and email addresses of prospective volunteer facilitator(s) to the AAUW National office at connect@aauw.org. Once you have registered for the Volunteer Facilitator Training, allow up to seven business days for enrollment.

The interactive training gives a deeper understanding of the workshop curricula and bolsters facilitation skills. Participants have 60 days from the enrollment date to complete the training. When the training is complete, AAUW and the licensed partners will reach out to you when there are upcoming volunteer opportunities in your area and provide access to the workshop materials upon confirmation of your volunteer schedule.

For questions on renewing your facilitator certification, contact AAUW National via email at Salary@aauw.org.

Member Corner: Idea Exchange

There's Much to Celebrate!

In honor of the United Nation's International Woman's Day on March 8, the UN Women National Committee of Australia released this affecting video on the power of women to move their families and nations forward despite many obstacles. It has great significance in May as we celebrate Mother's Day.

"Empower a Woman, Empower a Nation" by BMG

<https://www.youtube.com/watch?v=xwhPflMyneo>

Remember: this section of Gold Filings is for recommendations from members about things they discover—books, films, TV shows, events, etc. Please contribute when you find something you like and want to share.

Diversity, Equity, Inclusion (DEI) How do we attract members who aren't like us?

Bonnie Krupp has been following the DEI discussion in Sacramento to better understand where our branch is with regard to Diversity, Equity, and Inclusion--now, where we want to be, and how we might get to where we want to be. We realize this is not an easy discussion and progress is not easy to attain.

It is obvious that our branch is not very diverse. At least half of the members are retired white women of a certain age and beyond. (We are so fortunate to have you in

educated." She has the disadvantages of being both black and a woman, situations that have a social impact on her in the U.S. These inequalities intersect and can be especially problematic for the marginalized and disenfranchised. However, a "white woman who is well educated" has the advantages of race and education, but the disadvantage of being a woman.

The intersection of these individuals is that they are both women. Intersectionality is not only about how a person perceives and

our branch!) The rest are younger, working women. We are well-educated and of similar socio-economic statuses. The as-yet unresolved question: How do we encourage women to join our branch who do not fit this description, and how do we attain the lofty goal of inclusion?

Kimberly Crèns Shaw established the term "intersectionality" to describe different facets of a person's identity that intersect to have an additive effect. An example might be "a black woman who is not well-

understands oneself, as it is also about how a person perceives and understands others. For example, in the past, gender identity and sexual orientation were not addressed; however, we now recognize that these are extremely important to an individual's sense of self, sense of self-identification. How can this be addressed as we move toward greater inclusion?

Excerpt from a Sacramento Branch article

"If there's one thing I've learned in life, it's the power of using your voice."

— Michelle Obama



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