

Gold Filings



January

!! Happy New Year !!

AAUW Mission: Advancing gender equity through research, education, and advocacy

Vision: Equality for all.

Values: Nonpartisan. Fact-based. Integrity. Inclusion and Intersectionality

Message from the Leadership Chair



Greetings!

As I write this, 2024 is coming to a close. It's definitely time for a cork pop, right? In the December Gold Filings we took a look at some of the many memorable moments of the year. I am immensely proud of what we've accomplished! We've welcomed several new members, many of whom have volunteered to help on various projects as a way of making a contribution as well as meeting other members. It reminds me that the work we do is meaningful and impactful to all of us as well as to our community.

As you know, Amador County is run by its many nonprofit organizations. That was certainly on display at Giving Tuesday. In this season of gratitude, I'm deeply thankful for the remarkable community we share. Your belief in our mission allows us to offer scholarships to local Amador women and girls to support their educational efforts. As a result of your generous

contributions, the Leadership Committee recently authorized one additional scholarship and one extra Tech Trek scholarship for 2025. A BIG THANK YOU goes to Julie Taylor and her team for creating a

successful campaign, and to our many donors for your commitment to our mission. Your support means so much to our group. THANK YOU!!

It was good to see many of you at the Holiday Party. Lots of laughter and warm conversations were shared. Our thanks go to Kani Flansburg for her wonderful hospitality.

We have a great lineup of programs for 2025 that you won't want to miss. Next up is a discussion with Scott Thomas Anderson on the state of journalism on January 11th. Given recent events, this promises to be an interesting topic. Hope to see you there.

In closing, it's the beginning of a new year, so have you made any resolutions yet? For many of us, exercising more is at the top of the list. Sorry, can't help you there, but if you have ideas for programs or other suggestions to make the branch even better, why not jumpstart the year with a resolution to share your thoughts/ suggestions and join us in bringing them into reality? I'm here to listen, so feel free to contact me with your ideas at terrie.houseman@gmail.com.

Here's wishing you good health, happiness and peace in the new year along with strength and inner calm for what's ahead.

With heartfelt gratitude,
Terrie

January Program

**AAUW Amador
Presents**

THE STATE OF JOURNALISM IN CALIFORNIA

**SCOTT ANDERSON,
CHIEF EDITOR
OF THE SACRAMENTO NEWS AND REVIEW**



LEARN:

- HOW THE REVENUE MODELS FOR JOURNALISM WERE SHATTERED.
- WHAT THE SHADOW OF AI MEANS FOR PUBLIC AWARENESS AND TRUST.
- HOW THESE TRAJECTORIES RELATE TO AN INFORMED SOCIETY.

January 11, 2025

2:00 P.M.

AMADOR SENIOR CENTER

229 New York Ranch Rd.

Jackson, CA



February Program

Authors and Chocolate

Join us on Saturday February 8 at : pm to hear from local authors about their books

Cathy Patrenos has a background as a nurse, a medical malpractice defense attorney and a captain in the Air Force Reserves Nurse Corps. In the 70's, she journeyed through Europe to Istanbul and across the Middle East to India, what was then known as the "hippie trail," a route that soon thereafter closed to travelers at the start of the Iranian revolution and the Soviet invasion of Afghanistan. Cathy will discuss her second novel, *The Silk Road Score*, a fictional adventure/crime story based on her actual journey on the hippie trail, except for the crime, of course. Cathy and her husband live in Sutter Creek.

Melene and Geoff Smith will discuss the book they co-authored with others, *Kirkwood: Stories from the First Fifty Years*. The publication includes first-hand accounts of Kirkwood founders and icons, the early days of Kirkwood, crazy times at the Kirkwood Inn, ski adventures, rescue dogs, and sleigh rides. Also included are behind the scenes information about wastewater, Kirkwood Meadows Public Utility District, the volunteer fire department and medical clinic. Hear the inspiring stories about the early days of Kirkwood.

The event will be hosted by Linda Hein and held at 42 Summit St. in Jackson. Tickets will be available online and by check. Details will be available in the mid-January GF.

Home Tour Update

Kate Ingvaldstad Kramer has graciously accepted the role as the Home Finder for the 2025 home tour. The Home Tour Co-Chairs plan on meeting with her in early January to look at the progress in securing the homes. However, to date, we have no homes confirmed for our Home Tour. If you have any ideas to offer, contact [Kate](#).

In addition, if you are interested in supporting the Home Tour, please contact Greta or Rachel. We still are looking for a website editor, a logistics person, and someone to take minutes at the HT meetings.

Thanks

Rachel & Greta

[Rachel Stahl](#) / [Greta McElroy](#)

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January Calendar

Thursday, January 2, 4:00-6:00pm
Leadership Committee Meeting via Zoom

All members are invited to attend. If you wish to be included, please contact [Terrie Houseman](#).

Thursday, January 9, 3:00pm

Webinar: 2024 Revisions to Title IX: How they impact AAUW Values and Public Policy Priorities. Register [HERE](#)

Saturday, January 11, 2:00pm

PROGRAM: *The State of Journalism in California* with Scott Anderson

Location: Amador Senior Center, 229 New York Ranch Rd, Jackson

Monday, January 13, 2:00-4:00pm

Afternoon Book Group

We are meeting at Stephanie Young's house to discuss *The Lost Bookshop* by Evie Woods.

Contact Debra Brown if you would like to join the group debrown6@gmail.com

Wednesday, January 15, 5:30pm

Working Girls Book Group

This month we will be meeting at Jacque Fletcher's house to discuss *I Hope This Finds You Well* by Natalie Sue.

Contact Jacque Fletcher fletcherja4545@gmail.com if you would like to join or have questions.

Wednesday, January 22, 6:00-7:00pm (Note time change for this month!)

Libations and Conversations

Our speaker is Matthew Hooper, a professional growth coach and consultant for TRACK 3 Leadership Development. His passion is to build whole-hearted leaders through authentic collaboration. For our meeting, he will be talking with us about "The Settling Power of Sadness" and, acknowledging we are beginning a new year with many unknowns and yet high aspirations at heart. This topic will take us down a road less travelled and, as we walk this pathway together, we can discover the difference it makes toward living a more abundant life. The location is 40 Hanford St. Sutter Creek at the Leadership Hub. (Next to post office, lower part of building).

Members, guests and the public are welcome to attend this no fee presentation. No need to RSVP, just come and join the discussion.

Monday, January 27. 2:00-4:00pm

Page Turners & Book Lovers

We are meeting at Stephanie Young's house to discuss *Lessons in Chemistry* by Bonnie Garmus.

Contact Sandee Bowman if you would like to join the group. sbowman56@gmail.com

Note: a special January date celebrated locally is Serbian Christmas on January 7.

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Another Successful Giving Tuesday!

AMADOR GIVING TUESDAY

AAUW Amador raised \$4,796 on Giving Tuesday 2024 for Tech Trek and Upper Division college level student scholarship funds! With gratitude to every donor for helping to make a difference for local students.



Giving Tuesday, on December 3, was an opportunity to raise funds to send local junior high students to Tech Trek summer camp and provide financial support to local students pursuing upper-level college courses. While the ambitious \$6,000 goal wasn't quite reached, the branch raised an impressive \$4,340 in one day from members and other generous supporters! The partial matching amount by the Amador Community Foundation (ACF) of \$456.37 brought the grand total to \$4,796.37. These funds are added to the branch fund held by ACF and are only awarded for student scholarships. The great news is that the branch plans to award an additional Tech Trek scholarship in 2025!

The branch Leadership Committee wishes to acknowledge everyone who donated and/or attended the event with its sincere appreciation for helping to make this a positive and successful day of giving. With special thanks to Kathy Guletz (Scholarship Chair), Terrie Houseman (Leadership Chair), Julie Taylor (Funds Chair), and Katie Scott (Libations Co-Chair) who generously donated their time to represent the branch. They happily chatted to members, potential members and scholarship applicants. Plus, the branch gained a new member at the event!

All donors will receive a letter from ACF confirming their donation for tax deduction purposes (contact the ACF office if not received). Additionally, thank you e-cards were sent on behalf of the branch (check your email spam folder).

Here are pictures from the event:



Terrie Houseman and Julie Taylor



Kathy Guletz, Julie Taylor and Terrie Houseman

Katie Scott and Kathy Guletz

Membership

If we can't imagine it we can't create it

Women's History Alliance



January 9 -- Janie Brown
January 18 -- Greta McElroy-White
January 22 -- Teresa Ryan
January 31 -- Betty Olsen-Jones



Welcome Two New Members



Caitlin Casey

Caitlin is a mom, wife, and 16-year prosecutor. She enjoyed a fulfilling career in San Joaquin County, eventually serving as supervisor of gang and human trafficking prosecutions. In June of this year, she made a change to the foothills, having enjoyed many family trips to Mokelumne Hill over the years. In her hometown of Lodi, Caitlin serves on several nonprofit boards. Caitlin loves to teach the law and discuss the criminal justice system, legislative process, and is prone to chat with anyone about local history.

Since onboarding at the Amador District Attorney's Office, Caitlin appreciates the interest that Amador residents have in the effective and just operation of our court system. Caitlin is assigned as the District Attorney's advisor to the Grand Jury and regularly instructs agencies on important and emerging areas of the law. She is honored to do this work in a truly beautiful place.

Caitlin and her husband have two school-age children, and in between school and sports, the family enjoys weekend adventures to visit friends and experience charitable events. She loves animals, cold weather, reading and policy discussions. Caitlin is an excellent speller and a terrible athlete, and she looks forward to meeting interesting people in Amador through AAUW.



Laura Nasatir

I was born and raised in the San Fernando Valley. I received my AA in Biology from Santa Monica College and in 1987 graduated from UC Davis with a degree in Nutrition Science. I attended the University of Cincinnati, College of Medicine The year I received my MD degree I gave birth to my daughter, Sarah. I took the year off between medical school and starting my internship in Psychiatry to spend time with my infant daughter. It was very difficult going from spending all my time with Sarah to entering an internship working 80-100 hours a week! I did a 3-year residency in Psychiatry and an additional 2-year fellowship in Child and Adolescent Psychiatry at UC Davis, Dept. of Psychiatry, completing my training in 1998.

Professionally, I have worn many hats: I was Medical Director at Heritage Oaks Hospital, Adolescent Unit 1998-1999. I started a solo private practice in 1998, which has continued to the present. From 1998-2008, I worked as an outpatient Psychiatrist treating and caring for foster children and children on MediCal. In 2000, I concurrently became the Medical Director of Outpatient

Services at Sutter Center for Psychiatry and worked primarily on the Child and Adolescent Unit. Also in 2000, I began working as a medical expert in psychiatry and for 17 years worked with many attorneys on approximately 250 cases.

In 2014, I left Sutter Center for Psychiatry to focus full time on my private practice. As a double board-certified psychiatrist, I treat patients ranging in age from 5-85. My passion is to help people improve their mental health, to help them find greater peace in their lives and within themselves and relieve their suffering. I integrate a holistic approach of nutrition, lifestyle, mindfulness practice, and research based alternative therapies.

This past May, I moved my office from Sacramento to Jackson and my husband and I completed the build of our custom, 100% off-grid, high efficiency home on beautiful acreage outside of Lone. Starting in January, I will be cutting back to working 2-3 days/week so I can enjoy more time with family, developing our property and traveling. In 2025, my husband and I may offer meditation and mindfulness practice instruction at my office for anyone interested.



Branch Apparel Store

Did you know the AAUW logo is now red and white? Materials with the old blue and green logo, such as name badges and brochures, are being phased out and replaced. If you would like to proudly wear the branch logo at events (as recently worn by Julie Taylor), a custom apparel store is available online at JB Awards in Jackson. Click [AAUW Amador Clothing Store](#) to see the options.

A variety of items for men and women are available in many sizes; they are all red with a white logo so members are easily recognizable. Most items are cotton or a cotton/polyester blend and the logo is embroidered. JB Awards has many options on its public website [JB Awards](#) so if you find something there that you prefer, contact Julie Taylor to have it added to the store. Wearing branded apparel makes members easily recognizable with a professional appearance particularly for public events e.g. Get Out The Vote, Lobby Days, Home Tour, Amador County Fair, Giving Tuesday, etc.

The store price is per individual item, not with a group purchase discount. If there is interest in several members buying items at one time to get a volume discount, contact Julie for details.

October Program Recording Available

In case you missed the October program or want to share with a friend, click on the link to access the recording. On October 26 the AAUW Amador Branch hosted an informative panel discussion with local women leaders at Amador High School. The panel's advice for those interested in public

service is as follows, 1) have a passion for problem solving and your community, 2) enjoy helping people, 3) have a great deal of patience to see you through many obstacles, and 4) be a good listener. [AAUW Amador Presents: A Conversation with Women in Elected Office - October 2024](#)

Know Someone Who'd Like to Join AAUW?

Word of mouth is the best way to recruit new members!

By joining at a program event, new members can take advantage of a 50% discount on national dues for the first year, making membership only \$79.

Contact [Zeffy Ruvalcaba](#) for membership information.

We encourage all members to contribute to Gold Filings

If you have a recommendation for a book, film or event, a special interest group update, or have an interesting story to share, please send the info to Stephanie by the 10th or the 25th of the month.

Pix from the Holiday Party



Foreground: Jacque Fletcher, Caitlin Casey and daughter XXX, Heidi Christensen,
Background: Michele Powell, Claire Wait.



Sandy Baracco, Francine Pogue and Greta McElroy-White



William Price and Candace Diamond with Lyle and Kani Flansburg, party hosts.



Dave Carlson, Tom Wait, Kate Ingvaldstad



Heidi Christensen, Laura Nasatir, Terrie Houseman, Terrie Scott, Caitlin's daughter Joan Casey and Cheri Peterson.

From National and State

Exciting News to Start the New Year!

The Branch has achieved **two stars** in AAUW's FY24 Five Star Program! The branch attained stars for **Communications & External Relations** and **Programming**. This recognition is a testament to the dedication, hard work, and commitment of branch members to advancing AAUW's mission of gender equity for women and girls. The Five Star Program is designed to honor branches that align their work with AAUW's strategic priorities in areas such as Advancement, Public Policy & Advocacy, Governance & Sustainability, Programming, and Communications & External Relations. The branch earned its first star for FY23 activities so earning two stars indicates our efforts are recognized, and we are thrilled to celebrate this success with you. More information about this program can be found at [AAUW 5-star program](#). We plan to build on this success in FY25 and invite you to contribute ideas and time to programs, advocacy, DEI, and leadership.



4 Grant Recipients Online

The CA AAUW Fund announced that 31 inspiring California fellow and grant recipients are studying in California this year and share nuggets of their fascinating studies in short video introductions. See what, and who, your AAUW Fund dollars support at [2024 fund fellows & grant recipients](#).

Learn about Immigration, Reproductive Healthcare, Gender, Race & Ethnicity, Inequality and Social Policy, Incarcerated women, kinship, activism, and other topics. You can view short videos by each awardee and if you like the topic presentation, let Julie Taylor know and we can invite one of them to speak to the branch in the spring.

**4 Revisions to Title IX:
How they impact AAUW Values and Public policy Priorities**

Webinar by Kathy Harper, member of the Public Policy Committee and chair of the School Board Project. The meeting will be held on Thursday, January 9, 2025 at 3:00pm, PST. Register [HERE](#).

Finding Your Voice

From Gloria Blackwell--

Let's keep fighting for women's and girls' equality in together

Take Action

Did you realize that the Equal Rights Amendment, now the 28th Amendment, has met all the constitutional requirements according to the American Bar Association? This means that President Biden has the power now to authorize the national Archivist to publish the Amendment in the Constitution. We need to put some pressure on President Biden to do so in his remaining time in office. Our State AAUW is urging you to send a card or letter to him at 1600 Pennsylvania Avenue, NW, Washington, DC 20500. Let's all get this written and sent in during the next week.

AAUW in the News

[CEO Blackwell Interview: What Happens if the Education Department Is Dissolved?](#)

The problem: [Bill S.5384](#) was introduced last month to the 118th Congress calling for the Department of Education's abolishment.

Why it matters: The department plays a critical role in protecting civil rights, providing financial aid, and supporting students with the greatest needs. Its elimination would jeopardize funding for low-income schools, special education programs, and make higher education a riskier bet for students.

Register for a Women's Economic Empowerment webinar!

Whether you're a student, working professional, or higher ed faculty, our salary negotiation and financial literacy webinars offer essential tools for every career stage. [Register for a session here](#). If you're not an AAUW member yet, [register here](#).

**Be a Two-Minute Activist
You CAN make a difference!**

Join AAUW advocates in urging Congress to expand and pass legislation protecting access to education, economic security and civil rights, and more. Sign up to get alerts on when and how to engage, including sending letters to legislators, publication editors and other timely calls to action. All the tools needed to contact members of Congress and state legislators about pressing issues are provided. Details at www.aauw.org/act/two-minute-activist

Examples of issues include:

- [Support Title IX](#)
- [Support the Gender Equity in Education Act](#)
- [Pass the Counseling Not Criminalization in Schools Act](#)
- [Pass the Safe Schools Improvement Act](#)
- [Pass the Paycheck Fairness Act](#)

- [Pay Equity](#)

Calling for Photos of Amador County

Have you noticed the updated branch website looks much crisper than it did? If this is news to you, visit amador-ca.aauw.net to view the eye-catching layout incorporating new information and the updated red and white AAUW logo. Now it's time to replace the daffodil photo in the home page header, that has been on the site for ten or more years. Rather than use a stock photo, we want photos that represent what makes Amador County so special.

Are you a keen photographer? Do you have photos of Amador views, places, or beauty that you would like to share? Here is an opportunity to contribute that you don't want to miss. The branch website team may choose one photo, or if there are enough submissions, one per month, or a carousel of rotating photos that uses all the photos! Full credit will be given to each photographer.

What to Submit: Digital photos (color or black and white) that represent Amador and/or illustrate the beauty of life in the county (see examples below). Submit up to 10 photos.

DO NOT submit: Photos of people, copyrighted or commercial photos.

When: Submit photos from January 15th to February 15.

How: Submit photos to aauwamador@gmail.com as jpg files. Size should be 2000 x 370 pixels but we can reduce it if it is larger than the website can take. Send the original photo (in the MB size range, not KB). A higher resolution makes a photo sharper.

Arts and Education

Mosaics

From NY Congresswoman Alexandria Ocasio

Sometimes people will ask me, "There is so much happening in the world and in the country, and it all feels so big and overwhelming - what can I even do as one person?" What I try to convey every time is that no action is too small, and if you feel so moved, you can and should start with whatever is within arm's reach or in your backyard. You can even start with yourself.

We live in a culture of grand gestures and big ambitions, but that also means we should be wary of how much "get-rich-quick" thinking can perpetuate beyond money schemes and into the idea that any/all major, impactful shifts happen suddenly and in dramatic fashion with a handful of major figures. The fact is that couldn't be further from the truth. Revolutionary and transformative changes, from the inside out, happen more like mosaics.

Think of it like this: no matter who we are, how visible or invisible or big or small, each one of us is just one tile. Whether you see that as liberating or disempowering is a matter of perspective. When you have your eye pressed all the way up to the single tile of a mosaic, it can look quite meaningless. A single piece of shattered glass could look worthless. Or perhaps a piece of small painted porcelain could seem beautiful, but too small to "be" anything. Or maybe a stunning rare slab of stone may think itself as the biggest piece when it is.

The two secrets of mosaics are:

1. Each piece (us + our small actions) is far more powerful and meaningful than we know, and
2. Each piece (we) need each other far more than we realize.

When we are able to step back from thinking our own broken, unfinished pieces are not enough and start to see how all the other little pieces glistening alongside us start to form eyes and ears and abstract beauty and landscapes and symbols and more, we realize that just because we didn't see the big picture at first doesn't mean we weren't part of one.

So just do the small thing - for yourself and others. Choose your actions with humility, love, and enthusiasm. **It means more than you know, and the world thanks you for it.**

The Most Popular TED Talks of 4

- How the US Is Destroying Young People's Future* by Scott Galloway
- What is an AI Anyway?* By Mustafa Suleyman
- A Palestinian and an Israeli, Face to Face* by Aziz Abu Sarah and Maoz Inon
- The Tipping Points of Climate Change—and Where We Stand* by Johan Rockstrom
- My Search for Proof Aliens Exist* by Avi Loeb
- The Problem with Being "Too Nice" at Work* by Tessa West
- Why US Politics is Broken—and How to Fix It* by Andrew Yang
- A Comedian's Take on How to Save Democracy* by Jordan Klepper
- With Spatial Intelligence, AI Will Understand the Real World* by Fei-Fei Li
- The Tipping Point I got Wrong* by Malcolm Gladwell

To access these Ted Talks click on the link: [Ted Talks](#)

January Celebrations

- January 1st-30th – *National Hobby Month, Poverty Awareness Month*
- January 1st – *National Copyright Day, New Year's Day and Commitment Day*
- January 13th – *Korean American Day*
- January 18th – *National Thesaurus Day*
- January 20th – *Take a Walk Outdoors Day*
- January 29nd – *Chinese New Year--Celebrate the Year of the Dragon*

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