

Sacramento

AAUW Sacramento supports opportunities for the personal and intellectual growth of women and girls through fellowship, collaboration and shared contribution in our community.

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Capital Ideas

NOVEMBER 2014 VOL. 81 NO. 7

AAUW Sacramento WOW Presents Mississippi: Then & Now With Karen Duncanwood



Karen Duncanwood

Wednesday, November 19, 2014 7-9 p.m.

Robbie Waters-Greenhaven Pocket Library

7335 Gloria Dr, Sacramento, CA

This year marks the Mississippi Freedom Summer 50th anniversary. In 1964, hundreds of summer volunteers from across America convened in Mississippi to put an end to the rigid system of segregation.

Come and hear Karen Duncanwood speak about her life-changing experience as a participant in that eventful summer. Raised in the safe suburbs of Northern California, Duncanwood was exposed to the movement as a freshman at San Francisco State University. She would walk by tables set up on campus by members of national civil-rights groups. She saw pictures of black demonstrators being sprayed with fire hoses and decided to join Freedom Summer out of "naiveté, moral discomfort and patriotism." Hear her story.

This meeting is open to the public.

RSVP by clicking the link.

<https://www.eventbrite.com/e/aauw-sacramento-wow-presents-mississippi-then-now-tickets-13592652991>



Mississippi Freedom Riders

President's Message

2014-2015 ELECTED BOARD OF DIRECTORS

President

Cherril Peabody
capeabody@comcast.net

President-Elect

Nancy McCabe
mccaben@comcast.net

Program Director

Gloria Yost
gloriayost@aol.com

Co-Membership Directors

Vicky Lovell
lovell.vicky@gmail.com
Linda Tinker
richborough2342@att.net

Acting AAUW Funds Directors

Donna Holmes
wyndelndonna@sbcglobal.net
Marty McKnew
martycknew@comcast.net

Secretary

Susana Mullen
Susana.mullen@gmail.com

Finance Director

May Ruth Lynch
mayrlynch@comcast.net



President Cherril Peabody

With Thanksgiving on the horizon, I find myself thinking of all I have to be grateful for, including a loving family, pretty good health, financial security, an active lifestyle, meaningful volunteer work, and a wonderful group of friends.

I met many of my friends through my involvement with AAUW Sacramento, which has been an additional blessing. What an inspiration you all are, with your interests in

and commitment to community volunteer work, the arts, your families, politics, women's public policy issues, continuing education, healthy lifestyles, and more! Thank you for finding the time to support the branch by attending meetings, taking leadership roles, contributing refreshments and in many other ways. It's a two-way street, of course, because we all get a lot more than we give from AAUW.

I am really looking forward to hearing Karen Duncanwood speak at our branch meeting this month. She was a Freedom Rider during the civil rights movement. Some of us remember those days – 50 years ago now – when idealistic young people put themselves out there to make big changes in the lives of people they didn't even know but cared about deeply. We owe all who stood up then for justice a great deal! I hope to see you at the meeting.

Cherril Peabody, President
AAUW Sacramento

Current Board Positions Open for AAUW Sacramento

- **Public Policy Director**—The public policy director is responsible for educating branch members and the community about AAUW positions on state and national legislation, advocating for those positions and is a voting member of the board of directors.
- **Funds Director**—The AAUW Funds director shall be responsible for both the education of the branch and the community about AAUW Funds programs, and for fundraising for said programs, and is a voting member of the board of directors.
- **Fundraising Committee Chair**—This position heads the fundraising committee which is dedicated toward raising funds for both national and branch projects, such as AAUW Funds and Tech Trek
- Contact President Cherril Peabody at capeabody@comcast.net if interested in any of the positions.

AAUW Funds

By Donna Holmes & Marty McKnew



Amazon Smile Charitable Giving Program

Money to benefit our Sacramento Branch's 100th Anniversary Research and Project Grant. If anyone wonders what these grants do, a prime example is the Tech Trek program, initially started from an R & P grant.

American Association of University Women - Sacramento is now registered with Amazon Smile. If you shop at Amazon, please consider registering for our branch, and we will receive 0.5% of eligible purchases from Amazon.

How to use Amazon Smile:

- Use your existing account or create one at <https://smile.amazon.com>
- Once you sign in, you will prompted to select your charity. Please select us:

American Association of University Women, Sacramento

- Amazon will give you the opportunity to save a new bookmark for Amazon Smile, which we recommend. If you would like to save the book mark yourself, please save the URL <https://smile.amazon.com> to your favorites.

As the holiday season approaches (and has arrived in many a store), please take a minute to ensure your holiday giving includes AAUW. Thank you for your continued support and please spread the word to your friends and family.

Sincerely,

Donna Holmes and Marty McKnew

Co-Directors—Funds



2013-2014 APPOINTED BOARD MEMBERS AND COMMITTEE CHAIRS

Book Groups: Linda Cook
lindacook5833@comcast.net

Communications Director:
Angela Scarlett
angela.scarlett@gmail.com

Email Tree: Shari Beck
gsbeck@surewest.net

Public Policy:
(Position is Open)

Happy Hour: Angela Scarlett
angela.scarlett@gmail.com

Hospitality: Anne Rhodes
rhodesmicasa@yahoo.com

Interest Groups Coordinator:
Laura Randles-Little
larandles@yahoo.com

Membership Treasurer:
Sharon Anderson
anderson.aauw@att.net

Newsletter Editing :
Kim Rutledge
kimdawnrut@gmail.com

Newsletter Mailing: Shari Beck
gsbeck@surewest.net

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rahcfh7925@att.net

Phone Tree: Cathy Locke
clocke@sacbee.com

Reservations: Dawn Boyd
darnone1@att.net

Scholarships: Molly Dugan
madugan@hotmail.com
Donna Holmes
wyndelndonna@sbcglobal.net

Speech Trek: Shari Beck
gsbeck@surewest.net
Liz Jordan—lizjord@msn.com

Sunshine: Jane Cooley
anniecooley@sbcglobal.net

Tech Trek: Izzy Brookshire
izztherower@comcast.net

AAUW Has Arrived on the Sacramento State Campus



Dr. Beth Lesen

Some very hard working young women have organized a student affiliate chapter, AAUW Sac State. Working with the Women's Resource Center and their campus advisor, Dr. Beth Lesen, they gained official recognition from AAUW, grew to 25 members, and presented a very effective Equal Pay Day display in the student union in April. President Jessica Arauza spoke at our September Showcase.

Lesen and Dr. Mike Lee are the AAUW members (national level) representing CSUS in its university partnership with AAUW. Gloria Yost and Mary Kight serve as university liaisons.

E-affiliate AAUW memberships are free to all students at college campuses -- including CSUS -- that are corporate members of AAUW. The Affiliates are members of AAUW California and can be members of the

Sacramento branch, if we waive their fees. In the case

of the Sac State branch, they maintain autonomy from our branch. We are excited to see these young women in action and wish them great success.



Jessica Arauza, Dr. Lesen, Eva Lee, Christine Dicker, Chris Kent

Upcoming Events

Board Meeting

Nov. 3, 7 p.m.
SMUD Building
6201 S St.
Sacramento

Happy Hour

Nov. 12, 5—7 p.m.
Kupros
1217 21st St, Sacramento

WOW

Freedom summer of 1964

Nov. 19, 7 p.m.
Robbie Waters-Greenhaven
Pocket Library
7335 Gloria Dr.
Sacramento

December Luncheon

Dec. 13, 11:00 a.m. — 1:30 p.m.
Northridge Country Club
7600 Madison Ave., Fair Oaks

Speech Trek Contest

Feb. 21, 9:30—12 p.m.
Valley High-Laguna North
Library
7400 Imagination Parkway
Elk Grove

Showcase Spotlights Year's Variety

By Leigh Stephens



Speaker Jessica Arauza

If you judge by attendance, the September 20 Showcase was a success with old and new members filling almost every chair in the Arcade Library Community Room. The afternoon was filled with information about the coming AAUW year's programs and new ideas for service to young women and women's issues.

New President Cherril Peabody led the afternoon, introducing officers and young visitors who shared their connections and experiences with a number of branch programs.



Molly Dugan Greeting Folks

Four young women received branch scholarships, including two that were named gifts: The Kit Mahnke Memorial Scholarship and the Mary and Donn Random Memorial Scholarship.

Tech Trekker Makenna Ballard talked about her exciting experiences with Tech Trek this summer at UC Davis. The program immerses middle school girls in science, technology, engineering, and math (STEM) at colleges and universities for a week on campus.

Jessica Arauza, president of the California State University, Sacramento, student affiliate chapter, spoke about her introduction to Tech Trek and AAUW as a seventh grader.



Anne Lynch, Hedda Smithson, Donna Holmes

She said when she told her traditional Hispanic father that she wanted to go to college, he said, "No!"

His cultural ideas dictated that it was not proper for a woman, and she should stay with her family until she married. Jessica persevered and is on track for a BA in Communications and Women's Studies at CSUS.

A highlight of the day was signing up for Interest Groups including book groups, Board Games, Film Fans, Great Decisions, and other fun and educational activities. If you are interested in an interest group or want to start a new one, contact Interest Groups Director Laura Randles-Little, larandles@yahoo.com.

Spotlight of Scholarship Winners From Showcase

By Donna Holmes and Molly Dugan



Winner Sharay Robinson and Donna Holmes

"I remember applying for the AAUW scholarship and thinking that my chance of being selected was going to be challenging because of multiple applicants. One day, my phone rang and sure enough, it was Ms. Peabody stating that I was selected for the

scholarship. I was excited and felt very blessed to be the recipient for the AAUW scholarship.

The scholarship allowed me to purchase books and buy all the essentials needed for school. Everyone knows going to college can be quite expensive. I'm truly grateful for organizations like AAUW that are able to assist women going

through the journey of college."

Sharay Robinson, three-time AAUW scholarship recipient and this year's Donn and Mary Random scholar, CSUS



Melanie Duval, the daughter of the late Kit Mahnke, after whom the Kathryn Mahnke Memorial Scholarship is named

"I feel less stressed about living expenses and can focus more on my education. The scholarship encourages and motivates me because I know there are many good and intelligent ladies in AAUW watching and supporting me. I will be successful and become a better person not because I am smart, but because I have a lot of support from many kind people.

Thank you again for your support."

Venice Ahn Nguyen, first-time scholarship winner, CSUS



Winners Venice Ahn Nguyen, Sharay Robinson, Thanh Ho and

Andrea Weathington

Winner Thanh Ho

AAUW Holiday Giving

By Mary Schneider

This year in the holiday spirit we are collecting donations once again for the Oak Park Preschool. The donation is in memory of our long-time member and past president, Lois Graham, who is recently deceased. She was on both boards and worked tirelessly for both groups.

When teachers were asked what the preschool needs, they suggested kitchen play sets and food group sets. The children are learning the habits of eating healthfully as part of the nationwide program started by Michelle Obama. They have a small garden where they grow some of their own food. These play sets will add to their lessons.

The preschool also needs dress-up costumes for dramatic play. An example of costume use is when children are asked to act out what they would like to be when grown up. They need firefighter, police officer, and of course, mommy and daddy costumes. All kinds of other costumes are needed as well.

The school is also in need of storage units. There needs to be a place to keep everything, as we all know.

All of these things can be purchased by the school through catalogs. For that reason, I suggest that we write checks instead of buying the items ourselves. The checks need to be written to Oak Park Preschool, Inc., and not to AAUW since we cannot put the funds through our account. Whatever is donated will be greatly appreciated. Checks or items will be collected at the Holiday Luncheon on Dec. 13. If you have any questions or concerns, please contact Mary Schneider, (916) 454-2995 or marymschneider@comcast.net.

Speech Trek Contest—Mark Your Calendars!

February 21, 2015 , 9:30 a.m. to 12 p.m.

- Valley Hi-Laguna North Library
- 7400 Imagination Parkway, Elk Grove
(Across from Consumnes River College)

Listen to Elk Grove high school students

Speak to the 2015 topic:

“College...Is it Worth the Time and Expense?”

Donation Form

Do your holiday shopping early!

A great opportunity to shop for birthdays, special events, or just because...

What do you get the person who has everything?

How about a donation to your favorite AAUW programs in the name of family and friends?

Donations to all AAUW programs are tax deductible!

If you are the one who has everything you need or want, consider asking your loved ones to contribute in your name to one of these funds.

Recipients will receive gift acknowledgements, and donors will receive a thank you letter that includes tax deduction information.

To give to your favorite AAUW outreach program, choose from the list below:

____ Sacramento Branch 100th Anniversary R & P grant # 4372

____ Scholarships ____ Speech Trek ____ Tech Trek

Donor name _____ Amount \$ _____

Address _____

Recipient name _____ in honor of _____

(Event, i.e. birthday)

Address _____

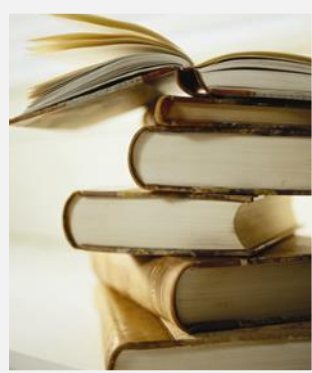
Please make the check payable to AAUW Sacramento and send the completed form with your donation to: Cathy Locke, 7012 Mercedes Avenue, Citrus Heights, CA 95621

AAUW Sacramento is a 501(C)(3) organization

Your donation is fully tax deductible.

Book Groups

By Linda Cook



To join a group, contact the
Book Group
Coordinator at:
lindacook5833@comcast.net

Group 1

(Meetings in Elk Grove)

Third Thursday, 2 p.m.

November 20

Coordinator: Lois Collinsworth, (P) 685-3323

Group 2

First Tuesday, 1 p.m.

November 4

Coordinator: Jean Brown (P) 485-2358

Group 3

(Meetings in Mid-Town/East Sac)

Fourth Wednesday, 1 p.m.

November 26

Coordinator: Carolyn Meeker (P) 451-8264

Group 4

Second Wednesday, 1 p.m.

November 12

Coordinator: Ellen Nathan

ralphnathan@comcast.net

Five Days at Memorial by Sheri Fink

Group 5

Second Monday, 1 p.m.

November 10

Coordinator: Joyce Mundel

jmundel@comcast.net

Unbroken by Lauren Hillenbrand

Group 6

Third Monday, 7 p.m.

November 17

Coordinator: Angela Scarlett

angela.scarlett@gmail.com

The Goldfinch by Donna Tartt

Group 8

Fourth Monday, 7:14 p.m.

November 24

Coordinator: Kristi Youngdahl

flumehiker@gmail.com

Group 10

Third Thursday, 7 p.m.

November 20

Coordinator: Barbara Smith

bsmithfo@aol.com

Group 12

First Thursday, 7 p.m.

November 6

Coordinator: Linda Cook

lindacook5833@comcast.net

Group 33

First Thursday, 9:30 a.m.

November 6

Coordinator: Jane Pivetti

jpivetti@winfirst.com

For a list of all of the books for a year for each book group, go to sacramento-ca.aauw.net, click on Book Groups, and then click on each book group icon.

Where:

Kupros

1217 21st St, Sacramento, CA 95816

When: Wednesday, November 12, 5-7 p.m.



Be the first to bring a new prospective member to Happy Hour and earn \$20 worth of food and drinks. As this is a public event, any new members may join that night for the reduced rate. Please contact Angela Scarlett at angela.scarlett@gmail.com or 916-612-8442 to give her an idea of how many will be attending. Street parking near the venue.

INTEREST GROUPS

Art & Architecture

First Fridays @ 10 a.m.,
Next Event: November 7
Historic California State Library Tour
Contact Deborah Dunn
jeddl@comcast.net | (916) 429-7645

Board Games: Daytime

Fourth Thursdays @ 1 p.m.
Next Meeting: TBD
Contact Anne Rhodes
rhodesmicasa@yahoo.com | (916) 692-5075
Cell: (360) 560-3349
spouses/significant others welcome

Board Games: Night

Fourth Fridays @ 7 p.m.
Next Meeting: TBD
Contact Anne Rhodes
rhodesmicasa@yahoo.com | (916) 692-5075
cell: (360) 560-3349
spouses/significant others welcome

Bridge I

Second Mondays @ 1 p.m.
Contact Jane Reinmuth
cajane42@aol.com | (916) 456-1844

"Bridge for Fun"

First Tuesdays @ 1 p.m.
Contact Jane Reinmuth
cajane42@aol.com | (916) 456-1844

"Chicago" Bridge Group

Fourth Wednesdays @ 10 a.m.
Contact Margot Leidig
MHLeidig@aol.com | (916) 972-8744

Couples Dining Out

Couples meet for dinner at different restaurants
Next Meeting: November 23
Piatti's Restaurant
571 Pavilions Lane, Sacramento
Contact Sharon Norris
x2ski@hotmail.com

Film Fans

Third Tuesdays (matinee)
Film TBD the Friday prior via email
Contact Cherril Peabody
capeabody@comcast.net | (916) 973-0821

Great Decisions I

Third Mondays @ 7 p.m.
Next Meeting: November 17
Contact Linda Patterson
linkpatter@gmail.com | (916) 203-8953

Great Decisions II

Second Thursdays @ 7 p.m.
Next Meeting: November 13
Contact Joan Hammond
hammondartsci@aol.com | (916) 489-8927

Great Decisions III

Third Mondays @ 1 p.m.
Next Meeting: See you in 2015!
Contact Anne Rhodes
rhodesmicasa@yahoo.com | (916) 692-5075
Cell: (360) 560-3349

Healthy Heart Dinner

Second Sundays @ 6 p.m.
Next Event: November 9
Healthy eating and dinner conversation
Contact Jane Cooley
janecooley1@gmail.com | (916) 483-0302

History of America

First Wednesdays @ 3 p.m.
Next Meeting: November 5
Contact Pam Vaughn
psvaughn@comcast.net | (916) 476-4000

Readers' Theater

Come join in the fun!
Second Wednesday @ 7 p.m.
Next Meeting: November 12
Contact Diane Petersen
ladypetersen@earthlink.net | 916-214-4644

Scrabble Just for Fun

Last Monday @ 1 p.m.
Contact Vivian Counts
viviancounts@yahoo.com | 916-483-8827

Singles Dining Out

First Sundays @ 6 p.m.
Next Meeting: November 2
Contact Nancy McCabe
nancygant@yahoo.com | 916-383-8405

Small Theater Group

Enjoy and support local non-profit theatres.
Optional dining before or after the play
Select Sunday/Month matinee
Contact Inger Lindholm
iml958@sbcglobal.net |
916-392-2511

Spanish Study

Fourth Mondays @ 6:30 p.m.
Next Event: November 24
Read, translate, and discuss
Spanish language materials
Contact Hedda Smithson
fohedda@gmail.com | (916) 961-7214

Walk-to-Lunch

Second Thursdays @ 10 a.m.
Next Event: November 13
Contact Susan Potter
susanpotter1@comcast.net | (916) 392-6401

Please contact Laura Randles-Little with any interest group updates: larandles@yahoo.com



Celebrate the season

December luncheon

Northridge Country Club, 7600 Madison Ave, Fair Oaks 95628

Saturday, Dec. 13, 11:00 a.m.– 1:30 p.m.

Entertainment provided by ARC flute quartet

We will be collecting items for Oak Park Preschool

Holiday Luncheon Reservation Form - reservations due Dec. 6, 2014

Meal Choices: Please check one box.
Vegan available upon request

Contact Dawn Boyd at darnone1@att.net or (925) 321-9946 to obtain her address for sending in the reservation form and checks.

☐ Chicken, Havarti Crepes

☐ Portabella Mushroom Ravioli with marinara sauce (vegetarian)

* Coffee or tea & cookies included

* Includes butter lettuce salad with Gorgonzola and tomato with balsamic vinaigrette

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Guest: _____

Guest: _____

Payment Method

Check/Cash: # of Tickets ____ x \$26= Total Due: _____

Credit Card: VISA | MC | AMEX | DISC

of tickets ____ x \$26 = Total Due _____

Credit card #: _____

Exp. Date: _____ CVS #: _____

Billing Zip: _____

Name on Card (print): _____

Signature: _____

9045 Thilow Dr.

Sacramento, CA 95826

November Birthdays

| | | | |
|--------|--------------------------|--------|---------------------------|
| 2-Nov | Kathleen Asay | 28-Nov | Cynthia Valls |
| 6-Nov | Dolores Delgado-Campbell | 30-Nov | Elaine Moody |
| 7-Nov | Alicia Hetman | 30-Nov | Elizabeth "Mitty" Varadan |
| 11-Nov | Ann Arneill-Py | | |
| 11-Nov | Christa Faull | | |
| 12-Nov | Eileen Heaser | | |
| 14-Nov | Carol Newland | | |
| 14-Nov | Donna Holmes | | |
| 14-Nov | Renee Lyons | | |
| 16-Nov | Linda Lawrence | | |
| 23-Nov | Cari Lyn Vinci | | |