

**AAUW
BRAINERD LAKES AREA
BRANCH
Winter 2017**

**We have members from
Little Falls to Longville**



PRESIDENT'S LETTER

Dear Brainerd Branch Members,

I can't say enough of how proud I am to be involved with our AAUW Brainerd branch. With a great deal of effort, in this 2016/2017 year, we have become much more visible in our community with Central Lakes College partnered events, such as the fall showing of Iron Jawed Angels coinciding with the Get Out the Vote campaign, and most recently the International Women's Day event. The 10th annual Brain Buster was a huge success again this year with more than 120 attendees, many of whom look at this fun trivia event as a needed break in a long MN winter.

Two of our branch goals were also met. Last fall, AAUW contributed \$2,000 to the CLC College Foundation which was earmarked for the AAUW Scholarship Fund. And using Brain Buster revenues, our branch will be sending Caroline, a freshman from CLC to the annual NCCWSL conference in May, this year being held at the University of Maryland in suburban Washington, D.C.

I am very pleased that over the last year, six women are now new members to our branch. Please welcome Mary, Coralee, Pat, Heidi, Hara, and Jean.

Four of our members will be attending the 2017 state convention, being held in Willmar, MN on April 28th and 29th. This

year's theme is "Engage, Educate, Empower". In another couple of months, the winds will blow just a bit warmer and we will be coming to the close of this AAUW year. I want you all to know how valuable you are as women and as members of AAUW Brainerd Lakes Area. Thank you for all that you have done and will do.



INTERNATIONAL WOMEN'S DAY CELEBRATION
 Our branch and Zonta's Brainerd chapter supported Central Lakes College's first celebration of International Women's Day.

The Men's panel took on the topic, "Understanding and Disengaging from Patriarchy in the Systems around Us: What it means to be a Man". Led by sociology professor Scott Foster, these members of CLC's faculty and staff did not represent a cross section of Brainerd men and one can only wonder how representative they may be. Scott told the old story about the boy taken to surgery after his father had been killed in an auto accident in which the boy was injured, only to have the MD say, "I cannot treat this boy, he is my son." Yes, women are MDs, about 30% nationally. But stereotypes continue to dominate our thinking and our use of language. According to Scott, women constitute 5% of professors, 4% of CEOs of Fortune 500 companies; 19% of members of congress, 33% of lawyers and judges, 97% of preschool and kindergarten teachers and 98% of dental hygienists.



One professor illustrated the importance of language by testing the audience's reaction to the headline "Violence Against Women" compared with "Men's Violence Against Women".

Other statistics that prove the patriarchy of the system in which we live include, 2% of songs are written by women, on average, 4 women are killed by domestic violence each day, which means that since 9/11, 20,900 women have been killed at home, while 6,300 soldiers have died in war.

How can men disengage from the patriarchal system? First, according to the panel each man must acknowledge what is patriarchal and confront it. The football coach spoke about talking with players on what is really important in his life, 1st his role as a father, 2nd his role as a husband, and 3rd, his role as a guide for young men in need of role models for being good men, not tough men. Two of the others spoke of the importance of the nurturing they did not get from fathers who worked 2 and 3 jobs and their own effort to spend time with their children.

WOMEN'S LEADERSHIP PANEL



Above Donn Beaubien is introducing the Women's Leadership Panel. Paraphrasing, they said:

- don't give up on your dream, even if you are a woman and too short (5'2") to be a police officer;
- Men mentors can be very important to your success;
- Doing a good job goes a long way toward overcoming bias;
- You can do what you decide you can do, even travel alone around the world;
- Look around your community to identify what is needed; you may be able to get others to help you help your community;

- It is OK to leave your comfort zone, a math teacher can operate a book store;
- Mentors are so very important;
- Being a mentor does not require a formal program, just help those you can along the way;
- We can reinvent ourselves many time; and
- No one person, your mother or anyone else, can be everything you need to live your best life.

Dean of Liberal Arts, Martha Kuehn, a psychologist, shared research about being bold.



- There is not much difference in emotions experienced by men and women; there is a significant difference in their ability to show their emotions;
- Posture can both make one feel stronger and more powerful and also being powerful and larger makes one feel more confident; in terms of body language, men take up as much room as they can, while women make themselves small; some studies verify that hormonal

changes occur when we stand or sit as though we were in charge and also when we sit like a nice little lady with crossed ankles.

She recommends practicing Yoga, which makes women both physically and psychologically stronger and "Fake it Until you Become It".

AFTERNOON HIGHLIGHTS



Some highlights of the afternoon program were a slide show about bold women, and a welcome from CLC President Hara Charlier (left), a new member of our branch. Her daughter Lili, told us about how it feels to play football for Brainerd High School. Another Brainerd High School student, Sierra Edwards, brought us to our feet with her earnest and eloquent speech. How could she be so wise and so articulate at her age?

Jennifer Perez (right) sang a beautiful song that she wrote about poverty, Claudina Williams read Maya Angelo's poem "Phenomenal Woman".



Then there was the keynote speaker, Betty Riehl (left). Her story inspired everyone.

Her childhood and married life can hardly be imagined. Then, her husband "went out for a loaf of bread", as they say, and never came home. For many years, she suffered from agoraphobia (fear of leaving her house).

When Kimberly Pilgrim called from CLC and invited her to come and talk about the Meta 5

Displaced Homemaker Program, she managed to get up the nerve to go. She went every week for a while and finally started to attending school She obtained her AA degree and now is working full time. The fact that she was able to stand in front of us and tell her story shows how far an individual can come who acts boldly with the help of those who care.

2017 BRAIN BUSTER

Twenty-five teams competed. We exceeded our goal of \$2,000 for CLC scholarships. The snacks were tasty and the prizes plentiful.

Best Costume went to
The Clowns



Other clever costumes were:



MARCH 10TH MEETING

Our March 10th meeting held at Prairie Bay gave us the opportunity to meet Caroline, and her family. We will be sending her to NCCWSL. She is a first year student at CLC. As a senior at Brainerd High School, Caroline won second place in the

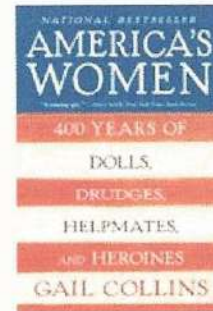


Brainerd VFW Post 1647 Voice of Democracy contest. Her mother, Jean, a lawyer in Brainerd, joined our branch at the meeting.

CALENDAR – COMING UP



Monday, April 3 Book Dinner – “America’s Women, Four Hundred Years of Dolls, Drudges, Helpmates, and Heroines” by Gail Collins, 5:30 pm At the home of Beatrice, Discussion Leader Sandra

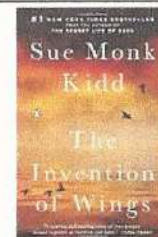


Monday, April 24 – Annual Meeting and Elections – 5:30 pm
Saw Mill Inn (order from menu)



Friday & Saturday April 26 & 29 at the Willmar Convention Center
The branch will be represented by Deb, Colleen, Pat S, and Sandra.

Monday, May 15 – Book Dinner – Invention Wings by Sue Monk
5:30 pm Discussion Leader: Donn Beaubien
At the home of Janet Bedard



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Monday, June 12 – Year End Review and Report from NCWWSL

5:30 pm

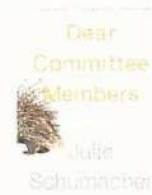
The Farm on St Mathias - 3 miles south of Brainerd on St. Mathias Road (County Road 21)



Monday, July 10 -Book Dinner – “Dear Committee Members” by Julie Schumacher

5:30 pm Discussion Leader - Deb

At the home of Julie



**Sandra
Editor**