

NEWS FOR AND ABOUT  
**AAUW GRAND RAPIDS**  
BRANCH MEMBERS

EDITOR: Arlene Wheaton,  
[Arlene@honeybearwoods.com](mailto:Arlene@honeybearwoods.com)  
(218) 232-4989



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## December 9 Christmas Party

**Location:** Eagle's Club, Grand Rapids

**Social hour:** 4:30-5:45 pm      **Dinner:** 5:45 pm

**Menu:** Beef Brisket, Roasted Baby Red Potatoes, Green Bean Amandine, Tossed Dinner Salad & Dessert.

**Cost: \$25** (covers all costs associated with the dinner, including room rental, tablecloths, food, taxes & tip)

**RSVPs:** RSVPs were due to Deanna Ensley Nov. 27 via text (360) 333-0228 or email [deannaensley@yahoo.com](mailto:deannaensley@yahoo.com) Note: It is an early reservation time due to the need for Eagles to order the beef brisket and cook it for 4 days.

## SCHOLARSHIP FUND FUNDRAISER with a Twist

We will hold our annual fundraiser to benefit our scholarship fund at our Christmas party on **Dec. 9**. The theme for the "Fundraiser with a Twist" is **SHINY and BRIGHT**. If you are unable to attend, please consider making a monetary gift to support our scholarships.

Tickets will be sold and you can put your ticket in the bag for the gift you wish to bid on...there will be a random drawing for each item. Ticket prices are: 25 for \$20, 12 for \$10, 6 for \$5 or a dollar each. **Every dollar you contribute goes toward our scholarship fund.**

### **GIFT ideas that reflect our "shiny and bright" theme:**

- Candles
- Book Light/flashlight
- Jewelry
- Gift card
- Mirrors
- Scarf wrapped w bright ribbon
- Book w shiny cover or the words "shiny" or "bright" in the title
- Chocolates to make you feel "bright"
- Candy in a shiny wrapper
- Bottle of wine w bright bow
- Something tied w metallic ribbon
- Lights of any kind/lights in a jar
- Bright-colored socks

## President's Message

Merry Christmas! December is time for our annual fundraiser that benefits our scholarship fund. The theme this year is "Shiny & Bright." Last year, we raised over \$900 and this helped make it possible to add two additional scholarships.

Note: If you are unable to attend on Dec. 9, donations are welcome to benefit the scholarship fund. Gifts are also appreciated if you are unable to attend.

**A special thank you to our board members**, who help our branch run so smoothly. We would not have the quality of monthly meetings without all of you! We also want to thank the chairs for our branch's interest and study groups. You are very valued.

**STEM donations:** We passed out cards with items needed for the STEM summer program at our November meeting. There is also a list in the newsletter. This is another way that we can help support the program...we give 2 STEM camperships, but we can also donate supplies to assist. I had Presto Print make up cards with the needed supplies on bright green paper. When I picked them up, they said that they had cardboard tubes and something that could be used for wheels. I reached out to our ICC contact and she picked them up and was very pleased to have the donations. We have already received a substantial monetary donation from one of our members for the STEM program.

Our program Co-Chair, **Marge Domish**, introduced the speaker at our November meeting. Marge talked about starting the IB program in Grand Rapids and also that it was the first in the state. We had so many positive comments on hearing Marge's background that we are going to start a "Member Spotlight" each month in the newsletter. Our members have the most interesting backgrounds and do the most interesting things!!

May your holidays be "Shiny and Bright"!

Cyndy Agle, Co-President

**\*\*Treasurer Cheryl Vogel reported that our branch donated \$1,000 to the National AAUW Education and Training Fund.**

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***"The smallest act of kindness is worth more than the grandest intention."***

— Oscar Wilde

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## January 20 LUNCH Program

Location: United Methodist Church

11:30 am Registration/Social 12:00-12:30 pm Lunch 12:30-1:30 pm Program

**MENU:** Chicken Salad on lettuce, Assorted raw vegetables with dip, Orange Jello Fluff, Roll, Brownie w Cherry ice cream

**Food Chair:** Nancy Raymond

**RSVP to Deanna Ensley by Jan. 13** via text (360) 333-0228 or email [deannaensley@yahoo.com](mailto:deannaensley@yahoo.com)

**Topic: A Team Approach to Breast Health**

**Presenters: Dr. Lisa Owens & Dawn Hayes, RN**

Dr. Lisa Owens is a General Surgeon specializing in breast care and Dawn Hayes, RN is the Breast Care Coordinator for Grand Itasca Clinic. The women will talk about why you are the most important member of the health care team. In addition to talking about recommendations for screenings and self-exams, they'll discuss the advances in technologies to help you beat breast cancer should you be the one in eight women that receive the unfortunate diagnosis.

### Membership Report

From Marj Lavalier, Membership Chair

We want to extend a warm welcome to our three newest members Mary T. Johnson, Jan Ugglå and Wanda Ulseth. They joined in October/November. Below is their information for you to add to your member directory.

The three newest members to our branch attended my orientation meeting before the November meeting. It was great to share with them about our branch activities. I want to thank Cyndy Agle and Nancy Raymond for attending also. Having board members there to share their experiences is always a plus.

**Do you know of any AAUW members who are experiencing health issues or loss of a loved one?** We will send them an acknowledgement and a card. Contact our "Sharing and Caring" Chair: Juliet Jones, 218-259-0454 or [kcjones50@yahoo.com](mailto:kcjones50@yahoo.com)

## **\*\* INTEREST GROUPS \*\***

### **BRIDGE**

Group meets at Majestic Pines Senior Living on 1st Thursday, year round now. Starts with lunch in the Bistro at 11:30 a.m. followed by Bridge, one to two tables. Contact is Nancy Raymond, 952-715-2365.

### **EXPLORING OUR COMMUNITY**

**Sat., Dec 7, 2:00pm: Meet at the Itasca Curling Club at 2:00 to 4:00 pm** to try the sport of Curling. Everyone is welcome, as well as partners and spouses. It is 40 degrees on the ice so wear warm loose clothing. Bring a pair of clean shoes (tennis shoes work best) and be ready to try your hand at throwing a curling rock and sweeping it into the house. They ask for a \$5 donation and have beer and pop for sale. You are welcome to bring snacks or other drinks, and there is a warm clubhouse overlooking the ice so come even if you just want to watch your friends give it a try.

### **LITERATURE – Monday group**

Group meets on 1<sup>st</sup> Monday (except for holidays) at 10:00 AM at Grand Rapids State Bank Annex. Contacts are Nancy Salmi, 326-3147, and Jan Hill, 246-9791.

**Dec. 2:** Annual Christmas brunch at Majestic Pines at 9:30 am.

**Jan. 6:** *Women Rowing North* by Mary Pipher, discussion leader: Jan Bilden

### **LITERATURE – Wednesday group**

Group meets at 10:30 am on 2<sup>nd</sup> Wednesday, Grand Rapids Area Library, River Room, September-May. Contact is Barbara Zimmer, 327-0911 or [kbzimmer@q.com](mailto:kbzimmer@q.com)

**Dec. 11:** *Neither Wolf nor Dog: On Forgotten Roads with an Indian Elder* by Kent Nerburn

**Jan. 8:** *The Tattooist of Auschwitz* by Heather Morris

\*\*The Wednesday Book Group led by Barb Zimmer just read ***Neither Wolf nor Dog*** by Kent Nerburn. It depicts 1990 reservation life in western North Dakota. Two men, one white and one Native American, try to understand each other's world. It is an intriguing comparison of myths and stereotypes of the Native American life as seen through the two men's friendship. By giving each man's perspective it presents much food for thought.

### **\*NEW NONFICTION BOOK GROUP (beginning this winter)**

Short Information meeting after the noon-hour AAUW meeting on January 20 to get some ideas for starting a book group that reads nonfiction books and magazines. Nonpolitical but will have discussions that are current in the world or about the world issues or personal issues for everybody. Questions? Call Marilyn Rossman at 218-326-6775.

### **PUBLIC POLICY**

The group will not meet in December; the next meeting is **Thurs., Jan. 9, 3:45-5:00 pm**, at the KAXE meeting room. We will continue discussing the book, *How Democracies Die* by Steven Levitsky & Daniel Ziblatt. We will discuss through chapter 6. Please join us if you're interested in our country. We can't solve all the problems, but it helps to express our thoughts. We need to have positive helpful

ideas. For information, contact Jean Halverson, 327-9159, [jehhnh@mchsi.com](mailto:jehhnh@mchsi.com) or Jan Miland, 218-208-8659, [jan.miland@yahoo.com](mailto:jan.miland@yahoo.com)

## **WALKING & TALKING**

The Walking and Talking Group is on its winter schedule of walking at 1 PM on Tuesdays. The location of the walks changes from week to week and is chosen by the group. Locations are emailed to the group. We generally walk for about an hour and then have coffee. We walk outdoors rather than in a mall or gym. Members walk when they want to and at their own pace; no need to RSVP. It is a social group rather than a hard-core exercise one. We welcome new members. If you want to be added to the group, send your email address to [k.karls@yahoo.com](mailto:k.karls@yahoo.com)

## **Donations needed for STEM Camperships**

Our AAUW branch supports the Science, Technology, Engineering & Math (STEM) program at Itasca Community College with two camperships each summer. We are also going to support the program with donations for the students to use. **Bring items to our January or April meetings.**

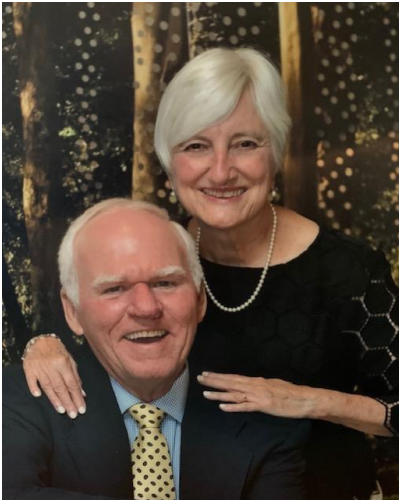
### **Please consider donating any of these items for STEM:**

- Toy Wheels (small to medium sized)
- Magnets
- Flexible Plastic Tubing (any diameter/length)
- Screen material (from old window screens)
- Zip ties (all sizes)
- Perforated Angle (1/8 x 1.5 inch, up to 6 ft long)
- Foam board (white for posters and displays)
- Pink or blue insulation foam (1/4 through 2 in. thick)
- Sheets or squares of Plexiglas (1 foot x 1 foot or bigger)
- Cardboard Cores from paper or carpet rolls
- PVC Pipe and Connectors (various diameter of any length)
- Wire (non-insulated, 14-24 gauge)
- Miscellaneous items: Rulers, yardsticks, mechanical pencils, permanent markers or erasers
- All Thread (1/8 x 1 to 3 feet)
- Alligator clip test leads
- Springs of various sizes
- Thick cardboard poster tubes

**Monetary donations are welcome.** You may contact **Kim Dammiani at ICC:** [Kimberly.damiani@itasscacc.edu](mailto:Kimberly.damiani@itasscacc.edu) or office phone: 218-322-2370 or cell: 218-256-2653. You are able to receive an official tax donation letter for your records or for tax documentation. NOTE: Monetary donations made to our branch will be used for a meal and snacks for the students participating in the program. If you have large items, please contact Kim and she will arrange location for drop off.

## **OTHER AAUW BRANCH ACTIVITIES:**

**A Women's Suffrage Conference** will be held in Ely on June 26 & 27, sponsored by the Brunfelt-Sainio Memorial Foundation and the AAUW Ely branch. **"Women's Lives Transformed: The 19th Amendment"** will be held at Vermilion Community College.



## AAUW Member Spotlight

### Meet Helen L. Ahlbrecht

4-year member of AAUW

*Helen with husband, Bob*

**Career/Professional Accomplishments:** Helen has used her 35 years of nursing experience and her love of teaching to help improve infection control in long term care facilities. Beyond her experiences in intensive care, coronary intensive care, nursing administration, staff development, patient and consumer education, program development, epidemiology, and gerontology, she has made the biggest strides by taking time to mentor and teach staff on a one-to-one level.

Chosen to be part of a visionary, comprehensive program for long term care facilities, she used her clinical experience and her passion to change infection control and prevention in long term care facilities to help the program succeed. By serving on work groups for the Minnesota Department of Health and co-authoring a publication in the *American Journal of Infection Control*, she has improved the quality of life for facility residents. She has trained hundreds of infection control nurses and directors of nursing in the five-state area, and each of these staff members has, in turn, put her teaching into practice.

**Education:** Helen attended the St. Cloud School of Nursing to earn her Registered Nurse degree. She then went on to obtain a BS degree in Health Arts from the University of St. Francis, and completed a graduate program in Nursing from St. Catherine's University to become an Adult/Geriatric Nurse Practitioner. She became certified in infection control.

**Background/Family:** Helen was born Seattle and lived in Bovey and Grand Rapids while growing up. She graduated from Greenway High School in Coleraine. She is married to Bob with four children and six grandchildren. They lived in Apple Valley, MN, for many years, and recently upon retirement, they moved to King Lake north of Grand Rapids (where Helen's parents had owned property) and built a new home.

**Personal interests:** Helen enjoys playing Mah Jongg, walking, reading, music and art. She attended the Burnsville School of Fine Arts and her media is oil painting. She is the president of the Greater King Lake Association and is active in the Itasca Coalition of Lake Associations. She loves to travel and recently took a cruise to the Baltic states and Russia.

**AAUW passion/involvement:** Helen believes that women need encouragement and financial assistance to continue their education. She is co-chair of our Branch's scholarship committee.



**AAUW Midwest Regional Convention**  
**June 18-20, 2020**  
**Hyatt Place, East Moline, Illinois**

Thursday, June 18

- 1:00-2:30 Opening meeting: Lisa Maatz
- 2:30-3:30 Celebration of 19th Amendment / ERA
- 3:45-4:45 Breakout #1 ( 2-3 options)
- 5:00 Branch/ State Pictures
- 6:00-8:30 Dinner, keynote speaker: Kim Churches

Friday, June 19

- 8:30-10:00: Kendra Davis AAUW in Action: Economic Security Panel
- 10:15-11:15 STEM Panel
- 11:30-12:15 Breakout #2
- 12:30-1:30 Lunch/speaker Denise Lieberman "Voter Suppression"
- 1:45-2:30 Breakouts #3
- 2:45-3:30 BRANCH PROGRAM SHARING
- 3:45-5:00 State meetings or BREAK OUT #4
- 5:30 Optional dinner riverboat cruise

Saturday, June 20

- 8:30-9:30 LAF Speaker
- 9:45-10:30 Open/TBD
- 10:30-12p Town Hall: Kendra Davis

Early Registration planned at about \$175; Late registration after mid-May planned at \$225. Double rooms about \$150. Official registration will start in early 2020. More information to follow as it is confirmed. **Questions? Contact Deanna Ensley at 360 333 0228 or [deannaensley@yahoo.com](mailto:deannaensley@yahoo.com)**

**Websites for local, state and national AAUW information:**

Our Grand Rapids AAUW blog: <http://grandrapidsaauw.blogspot.com/>

MN AAUW website: <http://aauw-mn.aauw.net>

National AAUW website: [www.aauw.org](http://www.aauw.org)

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 AAUW MINNESOTA [www.aauwmn.net](http://www.aauwmn.net)