



Grand Rapids Timberline

NEWS FOR AND ABOUT
AAUW GRAND RAPIDS
BRANCH MEMBERS

EDITOR: Myrna Peterson
myrnakay67@gmail.com
(218) 301-6028



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MISSION: *AAUW advances gender equity for women and girls through research education and advocacy.*

September 18, 2023

Location: United Methodist Church
Social/Registration: 5:00-5:45 PM Dinner: 5:45-6:30 PM

Menu: Company Chicken Wild Rice, Glazed Carrots, Apple Crisp
Cost is \$15

Meet our caterers: Peggy Smith and Shirley Nixon. They both enjoy collecting recipes and the social aspect of the people they cook for.

Peggy lives in Coleraine. She worked for Lake Country Power/Dairyland Electric for 21 years. She was at the front desk answering phones and waiting on customers. She started her cooking career at the age of 12 making meals for her family when her mother was put in traction.

Shirley lives in Deer River. She worked in the dining room at the Sawmill for 30 years. She has created meals for many different groups including the Blandin House, Deer River Bus Garage, DNR (Dept of Natural Resources) Parties, and Weddings.

Peggy and Shirley's husbands are members of the Grand Rapids Area Male Choir. For 10 years they feed the guys and their wives a Friday and Saturday night dinner when the group traveled. They would bring the food with them and setup in the Hospitality Room while the others enjoyed happy hour.

We are lucky to have these lovely ladies cooking for us!

Food Chair: Nancy Raymond

Food Committee: Sharon Quern, Anita Firman, Cathy Davies, Dody Davies

Business Meeting: 6:30 pm

Program: 7:00 pm

PROGRAM TOPIC: WILD RICE: LANGUAGE, LICENSES, and LEGISLATION

PRESENTER: Annette Dray Drewes

Annette works for the Nature Conservancy and has started a non-profit for wild rice conservation. Her undergraduate degree in Wildlife and Fisheries Management is from South Dakota State University. She has a M.S. in Environmental Studies from Bemidji State University and a PhD in Landscape Ecology from the University of Wisconsin-Madison. She is passionate about wild rice, its native ecology and the harvesting culture it supports. She describes herself as an educator, researcher, writer, collaborator and natural world explorer. She lives in Bemidji.

****RSVP to AAUWRSVPGrandRapids@gmail.com by Monday, September 11.**

President's Message

Summer has come to an end, hopefully we will have a nice long fall! The summer potluck was a success! Thank you, Cathy Davies, for hosting again this year.

Enjoy the last few summer-like days! We have exciting fall events to look forward to.

Laurie Clausen, President

SAVE THESE DATES:

Our Book sale is at our October 16 meeting!

The Northland Get Together 2023 is on October 7, 2023, in Duluth. We will meet at the Coppertop Church (First United Methodist Church), 230 E. Skyline Parkway.

The 2023 Northland Gathering focuses on leadership issues for women in a variety of fields including health, local government, ministry, science, environmentalism, and academia.

Highlights: Welcome from Mayor Emily Larson, two panels with women leaders, and a presentation by award-winning author Linda LeGarde Grover. Further details forthcoming.

Contact Duluth Branch Co-President, Angela George, Angela8744@msn.com, if you have questions.

*****Travel Treasures**

At the AAUW August meeting, a potluck hosted by Kathy Davies, a variety of Travel Treasure added \$91 to the scholarship fund.

- Kathleen Spencer traveled near and far. She donated Dorothy Molter root beer from Ely and a suncatcher from Prague, Czech Republic.
- Donita Soucek, director of Cottonwood Co. Historical Society, brought blueberry jam from Comfrey, MN.
- Marj Lavalier traveled to her garden and brought 2 beautiful arrangements of flowers, glads and hydrangeas in separate vases.
- Marlys Mestemacher, who traveled by telephone to her sister Janice in Manchester, England, donated digestive biscuits.
- Anita Firman traveled to her garden for a gorgeous bouquet of flowers in a vase, and to Pokegama Golf Course for boxed golf balls and tees.
- Norma Eppinga made a grandmother visit to Hugo, MN, and brought back a jar of salsa.

- Louise Koglin-Fidely went to Ely, MN, bringing back a package of blueberry-pictured napkins. She also went to Iowa and donated an Iowa key chain, and to Russian River Valley, Sonoma County, CA, for a champagne bottle stopper from Italy. (No champagne, sorry)
- Nancy Raymond spent time in Green Valley, AZ, and came back with a hiker's container for water bottle and phone from the National Park Store at the Tucson Festival of Books

Norma Eppinga and Marlys Mestemacher

**** INTEREST GROUPS ****

*****EXPLORING OUR COMMUNITY**

Our "Exploring" group did several activities during the summer. A highlight was touring the new elementary school. The tour was given by the principal, Mr. Martinson. The tour was so informative and so different from our school experiences.

We also went to the new restaurant "Smoke on the Water" in Coleraine. Tia, the owner spoke on opening a new business and we had lunch after.



To get added to this list email: cyndy.agle@gmail.com or lindajohnson@q.com

*****LITERATURE**

The AAUW Monday Morning Lit Group will not meet in September. We will meet on Monday, October 2nd, at 9:30 A.M. in the private dining room at Majestic Pines to discuss KILLERS OF THE FLOWER MOON by David Grann. Sharon Quern will lead the discussion and coffee will be provided. Following the meeting, we will go to the Grand Rapids Area Public Library to choose our November book from the library "Book Club Book" bags. For more information, contact Nancy Salmi, 218-326-3147 or nsalmi@earthlink.net.

*****WALKING & TALKING**

We walk weekly with locations changing from week to week but in the Grand Rapids area. The group is open to new members interested in walking. We always walk outside. If the weather is very dreadful we may cancel and will let you know. However, we are a hardy group of women who value the fresh air and exercise as well as companionship. Members walk when they can or want to; no need to RSVP. We generally walk for about an hour.

We are still on our summer schedule of walking on **Wednesdays at 9 AM**. As it gets cooler we switch to **Tuesday afternoons at 1 PM**. The decision is made by the group and you will be notified of the switch. If you would like to join us, send your email and cell number to Karen Karls at k.karls@yahoo.com.



*****SUNSHINE & CARING**

If any member of AAUW needs a bit of sunshine because of illness or a sympathy card, please let me know and I will send a card from AAUW. You can email me at: cyndy.agle@gmail.com



New Board of Directors Member

Hi! My name is Terri Friesen. I am new to the Board of Directors as a co-chair of the Program Committee. I joined AAUW for the second time in May of 2022 as a retired woman and guest of my sister-in-law, Pam. I first joined the Grand Rapids

AAUW chapter around 1985 when I was new to the community as a young woman, just starting out in my professional life.

I began my school life in St. Peter, Minnesota, along with my two sisters of whom one is a year older and one just 11 months younger. We moved to Mankato when I was in grade 5 and my older sister in grade 6. That was when the first of my several protests occurred; the 5th and 6th grade girls planned a 'sit in' to protest not being able to wear pants to school. By lunchtime, we had an agreement and the girls were, from then on, allowed to wear pants two days a week.

I attended Mankato West High School and met my husband, Kevin, working at the Happy Chef Restaurant. I attended Mankato State College where I studied Political Science, Pre-Law and Women's Studies. I rallied to support the Equal Rights Amendment and laws around domestic and sexual violence against women. I earned a BS degree in 1983 and a Master of Social Work degree from UMD in 2000.

Kevin and I moved to northern Minnesota in 1983. He currently works as a Physical Therapist at Grand Itasca Clinic. I started work with Itasca County in 1985, working in a variety of positions and I had the opportunity to work with so many people in our community who were also dedicated to helping improve the lives of others.

I enjoy reading, cooking, games, road trips and hanging out with Kevin and our adorable dog, Rosie, at our summer cabin near Atikoken, Ontario.

Kevin and I have two amazing daughters who have grown into strong, independent women. Our oldest, Hannah lives in Duluth with her husband Odin. Hannah works with The Nature Conservancy and specializes in Forest Resiliency. Her dream job she tells us. Hannah Graduated from St Olaf College and her post graduate work at the University, St Paul campus. They have a baby coming in late October and we are over-the-moon excited for our first grandbaby to join the family.

Natalie, our youngest daughter, was married last November in Namibia, Africa to Nghifikepunye (we affectionately call him Fiki) whom she met in Namibia while there on a school internship. We feel so fortunate to have had the opportunity to participate in a traditional Oshiwambo wedding ceremony. Natalie has Master's degrees in both Social Work from UMD and in Public Health from George Washington. She is currently doing work with UNICEF AFRO in maternal to child transmission of HIV and other diseases.

It has been delightful this past year getting to meet (and reconnect with) the amazing women of AAUW and I look forward to ongoing opportunities to help support local girls and women in their pursuit of education & economic stability.

AAUW Grand Rapids MN Branch Board Meeting Minutes June 12, 2023

Present: Norma Eppinga, Cyndy Agle, Terri Friesen, Janis Johnson, Julie Skallman, Laurie Clausen, Kathleen Spencer, Helen Albrecht, Jan Bilden, Karen Karls

President Laurie Clausen opened the meeting and welcomed Terri Friesen as a new board member as Co-Chair of the Program Committee.

Secretary's Report: Minutes were presented. Julie moved approval, seconded by Jan; approved.

Treasurer's Report: Various budget sheets were presented. The quarterly report shows a balance of \$8350. There are 57 paid members as of 5/27/23. Julie met with Cyndy Agle and Marcia Anderson and developed a list of Planning Assumptions for the 23-24 Budget. A copy was presented. Included in the assumptions:

- Meal costs will remain the same at \$14 for lunch and \$15 for dinner. We currently pay the caterer 14 for meals. The meeting room costs \$25 and tech support is \$75.
- \$100 was allocated for drinks for summer get-together.
- There is adequate unendowed money in the foundations to cover the three scholarships.

Discussion of the dues, current and proposed budget.

\$100 was used from Sunshine and caring as a gift to the caterers. \$500 was sent to National for Area of Greatest Need. \$1100 was not used for STEM Camp this year. Because of reorganization there is no camp this year. The money will be reserved and can be reallocated next year. 900 was included in the proposed budget so there would be \$2000 next year.

Details on scholarship fund were presented. Julie suggested the possibility of a second scholarship at MN North, possibly one in forestry in honor of Deanna Ensley. The money available will be reviewed in March to determine availability.

There is the Carol E Macpherson Memorial Scholarship is available for women who have been away from education for over five years. This is a private scholarship.

Currently we spend more than we take in on regular expenses. We are able to do this because we have some reserves from hosting the convention. We will need to look at a dues increase at some point. Jan Bilden raised the possibility of honoraria for program presenters. Not much support for the idea since programs are so varied. We have paid mileage at .50 per mile. The amount in the budget can be changed to \$200 for mileage.

\$50 was given to the choir program following the spring program.

Question was raised on using scholarship funds to pay for the meals for the recipients at the meeting. Individual members paid for the recipients and their guests this year.

Kathleen moved approval of the proposed budget with added expenses, seconded by Cyndy; approved.

Membership: Names of folks who have not renewed yet were given and members volunteered to make contact. Janis is not in need of added brochures.

Programs: A list of planned programs was shared. There are still a couple months without set programs. The booklet can be printed in this way. Discussion on several possible programs that seemed too similar to a recent program. Board enthusiastic about the presented options.

Cathy Davies will host the summer pot luck again.

Directory: Cyndy has talked with the printer. Costs could be reduced if we changed size and went with staples rather than current binding. Current format is preferred.

Food Chair: Elaine has asked to be relieved of this so a new chair is needed. This person negotiates with the caterer and does volunteer list.

Reservations: Danielle Witherill is no longer willing to track reservations. Need for another member to volunteer.

Hospitality: Kathy Pliska did not realize she was considered a chairperson and doesn't want that role but will continue to print name tags.

Old Business: None

New Business: Cyndy is in contact with the printer on our issues/needs.

Woodland Bank has a meeting room available at no cost for board meetings. May be an option for the fall or for August meeting.

Exploring Our Community:

The planned visit on 6/19 to West Elementary has been cancelled because the school is closed that day; it will be rescheduled.

A visit to Smoke on the Water is scheduled for 7/21.

Kathleen moved adjournment, seconded by Cyndy; approved. Respectfully submitted:

Karen Karls, Substitute secretary

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A Bit of AAUW History

AAUW's story began in 1881 when a small group of college graduates banded together to open the doors for women's career advancement and to encourage more women to pursue higher education.

The history of AAUW mirrors the progress of women in the US. AAUW has more than 100,000 members, 1,300 branches and 500 college/university institution partners worldwide.

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**Grand Rapids AAUW Board Meeting Minutes
Monday, August 14, 2023 – United Methodist Church**

Present: Laurie Clausen, president, opened the meeting. Attendees included Karen Karls, Norma Eppinega, Dianne Anderson, Julie Skallman, Janis Johnson, Helen Ahlbrecht, Cyndy Agle, Terri Friesen, Vicki Holmstrom, Jan Bilden and Linda Johnson.

Secretary's report: Minutes were presented. Julie Skallman moved approval and Cyndy Agle seconded. Motion was approved.

Treasurer's report: The balance as of August 12, 2023, was \$7516.55. The actual available balance amounted to \$5,296.45. This accommodated monies that may not be used for general operations. Fund Raiser monies of \$1155 and unspent STEM funds of \$1100 need to be held in reserve. Currently there are 72 paid members. Given the recent change of format to raise scholarship funds a recommendation was made to remind members at our September meeting to contribute to our scholarship fund if they have not already done so. The treasurer's report was filed for audit.

Membership: No changes reported at this time.

Program Committee: The programs for the upcoming 2023-2024 have been scheduled and confirmed.

Candidate Forum: After discussion, the board decided against sponsoring future candidate forums.

Yearbook and Directory: Vicki Holmstrom presented possible edits needed for the upcoming publication. The new program information is to be forwarded to Vicki for inclusion in the upcoming yearbook.

Dinner/Food: Linda Johnson is the new Chair of our foods committee. She presented the new schedule for the upcoming year and work committees have been assigned. Linda reported she's received requests to replace The Forest Lake Steakhouse with another venue for our May and December meetings. However, there is no other local venue other than Forest Lake that doesn't have a room charge in addition to the food charge.

Newsletter: It was decided that a printed membership brochure should be eliminated since the online newsletter is a universal source of information. It was agreed that the biography has been a good addition and should continue to be included. It was also suggested that Travel Treasures includes a summary of the travels and treasures of our members each month.

The next board meeting will be held Monday, September 11, 2023, at 9:30 am at the new Woodland Bank. Cyndy Agle moved to close the meeting, Janis Johnson seconded. The meeting was closed by President Laurie Clausen.

Minutes respectfully submitted by
Dianne Anderson, Secretary

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*A strong woman knows she has strength enough for
the journey, but a woman of strength knows it is in
the journey where she will become strong.*

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Correspondences

June 8, 2023
Carly Gutzmann
American Association of University Women Scholarship

Dear Helen Albrecht,

I would like to thank you for the generous scholarship you have awarded me, and for the chance to attend the AAUW banquet last month. I am a student at Minnesota North College - Itasca studying Environmental Studies, Geography and GIS (Geographic Information Systems), and I expect to graduate in 2024. I feel very honored to receive the scholarship, as it will allow me to fully concentrate and immerse myself in my studies this year without financial uncertainty.

As a nontraditional student, my college path has been different than the average student. My father passed away shortly before I graduated high school, and I was unable to attend college that far. For over six years, I worked as a professional dog trainer, both in the Twin Cities, and in southern Wisconsin. However, I have always been a lifelong learner, and wanted an opportunity to experience more in-depth study and research. I was finally in a position to attend college after the pandemic and was intrigued by the unique programs offered at the, Minnesota North College.

Attending college at MMC has been one of the greatest choices I have ever made. I have built strong connections with faculty and students at the Itasca Campus, who have truly helped me find my path. I have worked hard to maintain a 4.0 GPA and I am an active participant in the Itasca Student Life. I was elected President of our campus Psychology Club this past year and was awarded the Itasca 2022–2023 Student Leadership Award at-large. I have also become involved in our Writing Center as a Peer Tutor for writing skills. In my personal time, I enjoy playing the piano, hiking and skiing around our local trails, spending time with my dog, working at Brindlewood Gardens and the Grand Rapids Farmer’s Market.

One of my greatest motivations is working to promote sustainability, and to recognize it as a human behavior problem, not just an ecological problem. By

studying the Environment, Geography and GIS I hope to better understand the ecological and social systems that make up our world. After graduating from MNC, I plan to attend either Amici state university, or the university of Minnesota in Duluth, and pursue a degree in Sustainability and Geography. In addition to a minor in GIS. My goal is to work for an organization to support more sustainable and equitable resources for Minnesota, either through research opportunities or outreach programs. I also hope to continue teaching and helping others, as I find great joy in opening up new opportunities for kids and adults alike.

I would like to thank you again and express my gratitude and appreciation for this scholarship and connecting me with the AAUW. Attending college at Minnesota North College has truly changed my life and sent me on an exciting path. Your scholarship will allow me to continue in my education and work to communicate, connect and change our communities for a more sustainable world.

Sincerely,
Carly Gutzman

Hello,

I would like to express my appreciation for this amazing support as I pursue a bachelor's degree in nursing. The holistic nursing program at Northern New Mexico is a high-quality accredited program that not only emphasizes the traditional nursing education, but also weaves innovative nursing theories and core values of holistic nursing into the coursework. I already see the life-changing improvements in my own health and self-care which enables me to connect with others on a deeper level to promote healing environments and their well-being. Whether applied in my current clinical setting or as a nurse coach in a community setting later, the knowledge and skills gained through this program will expand my ability to help others which I am passionate about.

I feel very optimistic and enthusiastic about being able to give back and find innovative ways to meet the health needs of our community members. No doubt we are all better together as each individual has the support and resources they need. This scholarship couldn't have come at a better time for me! I and my family have had some health and personal struggles that we are working through, but certainly limited our budget. It is wonderful that groups such as yours are doing what you do, certainly creating a positive ripple effect throughout our community.

Much thanks!

Rebecca Colby, RN

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SEPTEMBER BIRTHDAYS - Best Wishes!

4 – Janice ‘Jan’ Miland 5 - Cyndy Agle 13 – Sue Koprowski

14 – Nancy Salmi 15 – Karlin Allen 16 – Jan Bilden

16 – Jean Hoshal 21 – Betty Brandt 26 – Mary ‘Mac’ Custer

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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

ADVANCING EQUITY FOR WOMEN & GIRLS – FOR MORE INFORMATION

NATIONAL ASSOCIATION www.aauw.org

AAUW MINNESOTA www.aauwmn.net