



# Grand Rapids Timberline

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

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

**February 19, 2024**

**Location:** United Methodist Church  
Social/Registration: 11:30 AM Lunch: 11 :45 AM - 12:30 PM

**Menu:** Wild Rice or Stuffed Green Pepper Soup, Ham Sandwich, Brownie  
Cost \$12

**Food Chair:** Karen Karls  
**Food Committee:** Norma Eppinga, Julie Erickson, Marion Barry

**Business Meeting:** 12:30 PM  
**Program:** 12:45 PM

**PROGRAM TOPIC: Climate Change and Minnesota Forests**  
**PRESENTER: Hannah Friesen-Holmes-Forest Resilience Partnership**  
**Coordinator, The Nature Conservancy**

A 2009 Grand Rapids High School graduate, Hannah graduated from St. Olaf College with a double major in Biology and Psychology in 2013. She received her Master's Degree in Natural Resources Science and Management from the University of Minnesota in 2019. Her graduate research focused on the effects of snow cover manipulation and climate factors on the development of soil frost in Minnesota's forested boreal peatlands. She was the lead author of the Minnesota Forest Resources Council 2020 publication 'Climate Change and Minnesota's Forests'.

Hannah lives in Duluth with her husband and daughter, she is the daughter of AAUW member Terri Friesen and the niece of member Pam Friesen.

**\*\*RSVP to [AAUWRSVPGrandRapids@gmail.com](mailto:AAUWRSVPGrandRapids@gmail.com) by Monday, February 12, 2024**

**President's Message**

Hello Grand Rapids Members!

There are several board positions that will need to be filled this summer, now is the time to step up and make a difference. Please consider volunteering to fill one of the following positions: President, Secretary, and VP Programs.

Stay warm!  
Laurie Clausen, President

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**\*\*\*Travel Treasures**

Thank you all for your wonderful support.  
At the January meeting we had some fun items and made \$23 for our scholarship fund.

- Sue Koprowski brought moisturizing cream from the oldest winery in Chile.
- After touring of six breweries in Cedar Park, Texas, Julie Skallman donated soap made with beer.
- Karen Karls shared spa items from her friend who lives in Jordan, and also olive oil soap from Syria via Jordan.

'Hope we have some more fun items at our February meeting.

Norma Eppinga  
Marlys Mestemacher



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*Believe you can and you are halfway there!!*

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

**\*\*\*LITERATURE**

The AAUW Monday Morning Lit Group will meet on February 5th at 9:30 A.M. in the private dining room at Majestic Pines. Ellen Edverson will lead our discussion of Matt Haig's THE MIDNIGHT LIBRARY. We all have regrets-other choices we could have made and other lives we might have led. This novel is the story of Nora Seed, a young woman who feels so hopeless that at the stroke of midnight she tries to commit suicide. Instantly, she is transported to the Midnight Library where each book contains an alternate life in which she made different choices. "Before her

time runs out, she must answer the ultimate question: With infinite choices, what is the best way to live?" Coffee will be provided. For more information, contact Nancy Salmi @ 218-326-3147 or [nsalmi@earthlink.net](mailto:nsalmi@earthlink.net).

**\*\*\*WALKING & TALKING**

The Walking Group walks on Tuesdays at 1 PM. The locations change from week to week but will be in the Grand Rapids area. The group is open to new members interested in walking. If you would like to join us, send your email and cell number to Karen Karls at [k.karls@yahoo.com](mailto:k.karls@yahoo.com).

You will receive an email with the weekly walk location. Members walk when they can or want to; no need to RSVP. We generally walk for about an hour. 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.

**\*\*\*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](mailto:cyndy.agle@gmail.com).

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*'Would love to restart a **Scrabble Group** that ended several years back.  
 Anyone interested please email Juliet Jones at [kcjones50@yahoo.com](mailto:kcjones50@yahoo.com)  
 Thanks so much!' Juliet*

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**Meet a Member—Cyndy Agle**

I grew up in Frederic, WI which is in northwestern Wisconsin. I attended the University of Wisconsin-River Falls with a BS in Education and an MBA from Tampa College with an emphasis in Human Resources. After graduation, I lived in Madison and Milwaukee.

My first teaching job was as a 1st grade teacher. When we moved to Florida, I made a career change. I was Director of Admissions over the high school and adult admissions program for a private college in Florida where I had 15 representatives under my direction. This was my first exposure with nontraditional students returning to college to finish their degree. They had started college, but dropped out because of marriage, family or financial reasons. They realized they needed to finish their degree to get a good job. As a member of AAUW, I was so glad to hear that the scholarships help fund non-traditional students returning to school to finish their degree. I was also Director of Marketing for a private college in Florida working with budgets and advertising agencies. The telecommunications field was

my next profession for several years in various management positions including training, sales and as a hiring manager.

My husband, Bob, and I had our careers in Florida and we lived there for 30 years. We first moved to Tampa, then Apollo Beach and then further south to Cape Coral. When we started thinking about retiring, we knew we wanted to move. Our criteria was a place or state we had never lived in before with lots of lakes. We looked at a map and saw so much "blue" (lakes) in Itasca County and flew up to meet with a realtor. We didn't end up buying property for 4 years and it was another 4 years before we built.

In the meantime, we bought an RV and semi-retired spending summers in Grand Rapids. I then quit my full time job and worked 7 months each year at Jared-the Galleria of Jewelry in sales and what a fun job. I took a course to become a Certified Diamontologist and never imagined that I would be selling diamonds.

In Florida we were boaters and each Friday after work we would go out on the boat and come back on Sunday afternoon either anchoring out or staying at marinas. We spent countless hours on Sanibel Island, the Inter-Coastal Waterway and the Gulf of Mexico. My meals at restaurants on the water always consisted of grouper sandwiches and key lime pie. Our vacations would be spent on the boat going to the Key West or across state to the Atlantic side.

The first week we were in Grand Rapids on our property in our RV, I realized that I did not know anyone except our 30-year-old real estate agent and he wasn't going to want to go to lunch with me a couple of times a week. I googled organizations in Grand Rapids and saw that there was AAUW. Nancy Raymond was the current president, and her phone number was listed so I called her. We chatted for 45 minutes, and she told me about AAUW and the special interest groups. The first week I went to 3 activities. I am so appreciative of Nancy for her enthusiasm and getting me involved in AAUW.

In the years that I have been a member of AAUW I have been the Chair for the Food Committee and served 2 terms as co-president. The state convention was held in Grand Rapids and I co-chaired that event 6 years ago.

We have such an amazing group of members in AAUW and I am so proud to be a member.



**From National AAUW**

The new year is an opportunity for both new and continuing resolutions, including our 2024 commitment to you. **This year AAUW will:**

- **Continue fighting for all women to achieve economic self-sufficiency through pay equity and paid family leave policies.**

- Advocate for a strengthened Title IX and a strong system of public education that promotes gender fairness, equity and diversity.
- Pursue policies that advance full access to civil rights for a diverse society.

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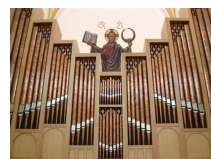
Each year AAUW (nationally) hosts an art contest. The winning entries will be featured in a collection of notecards mailed to AAUW members. It can be photography, sculpture, collage or other artwork. It is too late to submit entries for this year but be thinking and creating for 2025. The entries are submitted in January. We have never had a winner from Grand Rapids and wouldn't that be wonderful to have a winner from our branch!



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### Lenten Noontime Organ Recital

The Arrowhead American Guild of Organists is sponsoring a series of Lenten Recitals, one of which will be in **Grand Rapids at St. Andrews Lutheran Church on Wednesday, February 21 at 12:15**. Recitalists will include Jan Bilden, (member of our AAUW) Darcy Reich, Joanne Watson and Duluth's Dr. Tom Hamilton. Admission is free but donations are gratefully accepted to benefit the AGO Scholarship Fund.



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## **AAUW Grand Rapids MN Branch General Meeting Minutes January 15, 2024**

Kathleen Spencer opened the business meeting with the reading of the AAUW Mission Statement. Travel Treasures garnered \$23 for the scholarship fund. Cathy Davies sent a note to the group advising us her husband is in hospice. She looks forward to being able to join our gatherings in the future. We also heard from Nancy Raymond who is enjoying her cruise to Antarctica.

*The afternoon's program was on Acupuncture and was presented by Amy Dolan, MN Board Licensed Acupuncturist with a master's degree in Chinese Medicine, and Julie Ann Jacobson, Clinic Coordinator. The program was well received.*

*Minutes respectfully submitted,  
Dianne Anderson, Secretary*



In case there are AAUW friends passing through Atlanta in late February, I would like them to know they're welcome. He'll miss hosting you AAUW friends this summer. Cathy

### **Larry Johnson Obituary as of 2024-01-23**

Lawrence R Johnson (Larry) passed away peacefully at home in GA, Jan 18, 2024, at age 76 following a litany of health challenges.

Born in Peoria IL, to Martha & Brewster Johnson, Larry graduated from PHS in 1965. Following a checkered college experience, Larry listened to his older brother and finished his degree in Mathematics (computer degrees not yet offered) at Illinois State U, formerly IL State Normal U. Larry often said that "normal" was a setting on his dryer and had nothing to do with him. Designing medical information systems led him to his final employer, HP. There he transitioned from engineering to sales. He earned "High Achiever" status for sales at HP multiple years.

Larry's passion for scuba diving, motorcycling & all modes of travel led him to connect with Cathy Davies. During their 25 years together, they traveled to 7 continents, ~100 countries, ~60 of those via motorcycles. He & Cathy celebrated his beating Stage 4 Head & Neck Cancer by circumnavigating the globe on matching Suzukis in 2010-11. He was a proud member of "Iron Butt Association," endurance motorcycle riders and "Women On Wheels." He loved hugs from WOW members and considered most women to be better riders.

During his final days, when asked what he would most want to be remembered for, Larry didn't mention travel or gainful employment, only charitable pursuits. He was most proud of co-founding and serving as President of a Habitat for Humanity affiliate in Framingham MA, reading stories to primary school students as a member

of acting union SAG-AFTRA, acting at CTK Lutheran, charity rides for Pediatric Brain Tumor Foundation for Children, Susan Komen Foundation, Grace House homeless shelter among others.

Following a motorcycle wreck induced traumatic brain injury, he found out how bright his was & joined MENSA, serving as its Boston membership chair. During a 1979, 10-country, solo motorcycle trip through Europe, he was on the US Support Team at the International 6-day Trials enduro motorcycle event in France. He trained at Second City, Chicago, giving an improv show and performing in Children's Theatre. Larry was a 2<sup>nd</sup> degree Reiki practitioner, often treating aches and pains of friends & family.

Following retirement, Larry pursued his love of acting. "Bobby Jones, Stroke of Genius" & "We Are Marshall" are the well-known movies in which he appeared as well as a Coke Zero commercial which aired on 1<sup>st</sup> episode of "American Idol." Less glamorous roles included being the dead body in a stairwell and playing "white trash," stuffing fake \$ bills into the G-String of a stripper in a Tyler Perry music video.

He and Cathy built their beloved "Turtle Farm," near Grand Rapids MN. It was named for one of the dive sites they enjoyed on the fateful scuba diving trip to Grand Cayman where they met in 1996. Winters in GA and summers in MN offered the best of both worlds. "Captain Larry" will be in our hearts as we cruise & fish from the pontoon "Lily Pad."

Larry will be missed & his legacy treasured by his wife and soul mate, Catherine Davies (Cathy), brother Brewster Johnson & Camille, niece Kendra Johnson, nephew Brett Johnson, mother-in-law & father-in-law Dody & George Davies, brother-in-law, Allen Davies & Kari, niece Kaitlyn Davies, 3 grand nieces, 3 grand nephews, cousins and a multitude of friends.

Memorial service and celebration of life will be held Saturday, February 24<sup>th</sup>, 2024, 11am at Christ The King Lutheran Church, 5575 Peachtree Pkwy, Norcross, GA 30092. Lunch will follow. If planning to stay for lunch, please notify Cathy to allow for ample food without waste.

In lieu of flowers, memorials may be made to: Habitat for Humanity of Itasca Co, Grand Rapids MN, your local Habitat affiliate [www.habitat.org](http://www.habitat.org) or Christ The King Lutheran Church [www.ctlutheran.org](http://www.ctlutheran.org) where service will be live streamed and available afterwards. On line condolences can be left at [www.southcare.us/obituaries](http://www.southcare.us/obituaries).

**Grand Rapids A AUW Board Meeting Minutes  
Monday, January 22, 2024 – United Methodist Church**

Laurie Clausen, president, opened the meeting via phone. Other attendees included Karen Karls, Dianne Anderson, Julie Skallman, Janis Johnson, Terri Friesen and Marlys Mestemacher.

**Secretary's report:** Minutes were approved as read. Approval moved by Marlys Mestemacher and seconded by Karen Karls.

**Treasurer's report:** The balance as of January 22, 2024 is \$8700 with the actual available balance for expenses being \$4429. Linda Lonson will be funding a \$4000 scholarship for business. There will be an additional four \$1500 scholarships. Julie reported that STEM camp may be replaced by a one-day event which would be available to more students. Karen Karls moved the monies we have reserved for STEM be made available to the new STEM focused activity when it is finalized. Janis Johnson seconded the motion.

**Membership:** Janis reported one new member.

**Directory:** AAUW by laws have been updated and will be printed in the next directory.

**Dinner/Food:** New meal supplies are being purchased.

**New Business:** The upcoming nominating committee was discussed. Board members that need replacement include president, secretary, and program committee chair. Janis Johnson has volunteered to continue as membership chair. It was suggested Cyndy Agle be asked to assist Laurie on the nominating committee.

Marlys Mestemacher, Janis Johnson and Karen Karls will be attending the April State Meeting being held in Hastings. Registration is \$145 per person and will be paid for by our organization.

Any member is eligible to attend. Registration is in March. As part of the event our chapter needs to contribute a basket valued at \$25 for the silent auction. Karen Karls has volunteered to coordinate the purchase and delivery.

A discussion was held to assess our scholarship fund raising. We have raised \$2110 from 27 members which all agreed was a good amount. However, it was agreed that contribution forms be left on tables as a reminder to members to contribute when they can as many member have yet to contribute. Julie Skallman will provide the forms.

**Adjournment:** A motion to adjourn was made by Janis Johnson and seconded by Karen Karls. The motion was approved. The next board meeting will be held Monday, March 11, 2024, at 9:30 am in the Yellow Room.

*Minutes respectfully submitted by  
Dianne Anderson, Secretary*

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**Treasurer’s Report**

The December meeting has been the primary fundraising event for our scholarship fund in past years. This fiscal year we changed our plan and collected cash donations beginning in the summer. I am pleased to announce that we have passed last year’s \$ amount raised with a total of \$2110.

The Board will be discussing our effort and will announce the plan for Fiscal 24-25 at our May 2024 meeting. We have heard from some members that they enjoyed the basket raffles as well as some saying they really liked having more time to visit with others at the December holiday event. If you have strong feelings or suggestions for other options please feel free to send me an email or catch me at a meeting and I will bring them all to the Board for consideration.

Julie Skallman  
[julie.skallman@gmail.com](mailto:julie.skallman@gmail.com)

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**PLANNING TO ATTEND THE STATEWIDE MEETING?**

Our branch has set aside some funds to support members who choose to attend the state meeting in Hastings on April 26-27, 2024. We hope to be able to reimburse the registration fee and mileage for anyone driving a carpool to the meeting. Depending on the number of people attending we may be able to pay a portion of the hotel cost.

If you know you would like to attend please send an email to [julie.skallman@gmail.com](mailto:julie.skallman@gmail.com) so she can track the proposed attendees. It is possible that we may have to limit the number of people we can support monetarily. Early responses are most likely to be approved for reimbursement.

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- Shirley Jacobson - February 2
- Pat Anderson - February 12
- Julie Skallman - February 12
- Colleen Nardone - February 22
- Ann Clark - February 26
- Pam Friesen - February 27

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This recipe was made for me by a co-worker many years ago. Besides remembering the meal because it was so tasty, I will never forget our conversation about how whenever he went to visit his fiance he got terrible headaches! This is the first meal I made for my husband when we met and he was very impressed. It's always his first request when I ask what he would like for supper.

### **Apricot Pork Chops**

- 4 pork chops
- 2T chopped onion
- 1 16 oz. can of apricots (drained)
- ¼ cup apricot juice (drained from the can of apricots)
- 1/3 cup sour cream
- 1 can cream of chicken soup

Brown pork chops. Stir together apricot juice, onion, sour cream and cream of chicken soup. Pour the mixture over the pork chops. Heat on stove top (lid on) for about 20 min until pork chop temperature is 150-155 degrees. Top with drained apricots and heat for about 5 minutes longer. Use the left-over liquid for gravy on mashed potatoes.

Vicki Holmstrom

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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](http://www.aauw.org)

**4ADVANCING EQUITY FOR WOMEN & GIRLS – FOR MORE INFORMATION**

NATIONAL ASSOCIATION [www.aauw.org](http://www.aauw.org)

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