



# REDDING REFLECTIONS

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President  
Pat

AAUW REDDING BRANCH, Inc. ([www.aauwredding.org](http://www.aauwredding.org))  
March 2018

Editor  
Dale

## LET'S MOVE with KATHLEEN in MARCH



Come to our March 8th Meeting 5:30-7:30 at the Redding Library for a program of healthy body movement explanation, tips and demonstrations with Kathleen Cowling. There will be opportunities to participate as Kathleen, a certified Aquatic Specialist and a Gray Institute Fellow of Applied Functional Science, leads us through this health centered program.

Locally Kathleen provides land and aquatic therapeutic wellness programs to individual clients and groups. Through her classes she promotes improved fitness, rehabilitation, pre-habilitation, balance, neuromuscular stimulation, sport-specific training, athletic conditioning and overall better function. For over 25 years as a multi-faceted movement practitioner, Kathleen has used her knowledge of the way the human body works to provide the best environment for training. Clients have said that her expertise and enthusiasm gives them the experience of really feeling and learning how their own body moves and works. Simply stated, her passion is helping people feel and move better...especially while doing what they love!

Kathleen Cowling ATRI, ACE, AEA, Fellow of Applied Functional Science,  
AquaStretch Practitioner, Personal Trainer, and AquaLogix Instructor-Trainer

We are also honoring our EF Funds Honoree this meeting.

**Menu: Wilda's Buddha Bowl**, with **chicken**, brown rice, red beans, cabbage, avocado, jalapeno (available on the side), cilantro and dressings, which includes soy. Vegetarian option comes with Falafel. (If you have special dietary needs please contact Tammy by March 1st!) Beverages include decaf coffee, tea, water, sparkling apple/cranberry juice, red or white wine. Cashews, snack mix and cookies included. (Note that the Buddha bowls are generous in portion size. Leftovers can be made into a delightful soup by adding vegetable or chicken broth.)

**Reservations due by March 2nd, price is \$12, (\$15 if paying at the door with a late reservation).**

For information on becoming an AAUW member  
and joining us at program meetings, go to [www.aauwredding.org](http://www.aauwredding.org)

## President's Message

We have had two great branch meetings recently. For our January meeting, we were fortunate to have Aileen Rizo, a Legal Advocacy Funds plaintiff in a lawsuit involving equal pay against the Fresno County Schools Office. Her story was compelling and impressive. Her case was last heard in December by the full panel of the Ninth Circuit Court of Appeals and she is now awaiting their verdict.

For our February meeting, Alison Breedveld, from Spring Rivers Foundation, shared her job duties as Education Program Director and the outdoor education events she and her staff schedule for the children in Shasta County. What a wonderful opportunity this is for children to experience the outdoors through a hands on program! Those who attended the meeting received an early preview of what is being offered to AAUW Women in STEM conference attendees.

The second vote to change from a mutual benefit status to a public benefit status failed, and the opportunity for those who voted "no" to change their vote to a "yes" has also failed. We continue to wait to find out what happens next. It will be in the hands of the attorneys at this point.

We will be honoring our branch Educational Funds Honoree at the March meeting. Come and support Pat who will be presented that night. Pat is a long standing branch member who has been part of the backbone of all of our AAUW Funds projects specifically Home Tour and STEM as well as many other projects our branch held in the past.

Please read the proposal and rationale from the Bylaws Committee regarding a change in our branch bylaws. We will vote at the March meeting.

We will also be hosting the 14<sup>th</sup> AAUW Women in STEM Conference on March 17<sup>th</sup> at Simpson University. Thanks to all the committee and volunteers who continue to make this event such a success!

We have a busy month ahead but join us for the festivities.

Pat

**NEW MEMBERS/CHANGE  
INFORMATION  
NONE THIS MONTH...**

### PAST PRESIDENTS-

DATE: TUESDAY MARCH 20, 2018  
LOCATION: CHEESECAKE RESTAURANT  
1135 PINE ST.  
224-1775

TIME: 11:30 AM

### Board Meeting

The regular AAUW board meeting will be held on Monday, March 26, 2018 at 5 p.m. in the Foundation Room of the Redding Library. The meeting is open to all AAUW members.

### BRANCH PROGRAMS

**So as not to miss a single AAUW Branch Meeting.... grab your new 2018 Calendar and note the following:**

March 8, 2018 Thursday 5:30-7:30

April 17, 2018 Tuesday 5:30-7:30

May 26, 2018 Saturday 10:30-1:00

All of the above meetings will be at the Redding Library's Community Room.

*"Always striving for the best in  
customer service and satisfaction"*

**Heatherlee Hamon**



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The Bylaws Committee, chaired by the President-Elect, Noella, was comprised of the following AAUW Redding Branch Members: Adrienne, Nora, Tara and Sandy. Pat, current AAUW Redding Branch President, attended as an Ex-Officio member of the committee. As a result of our meeting on February 7, 2018, we are making the following recommendations to be voted upon at the March 8, 2018 meeting.

Proposed Bylaw Amendments:

**Motion #1. The Bylaws Committee moves to amend ARTICLE XI. OFFICERS, Section 3 by substituting a new Section 3.**

Current Bylaw:

ARTICLE XI. OFFICERS, Section 3. The appointed board officers shall be area Chairs for Community, Education, International Interests, Social Committee, Home Tour, Newsletter, Public Policy, Legal Advocacy Fund, and Web Manager.

The proposed amendment reads:

ARTICLE XI. OFFICERS, Section 3. The appointed officers shall be the Assistant to the President and Chairs for Education, Home Tour, Legal Advocacy Fund, Public Policy and Social Committee.

Rationale:

We removed the positions of Community, International Interest, Newsletter and Web Manager from appointed Board Officers and placed them where they realistically function. Therefore, the position Community Chair would come under Community Outreach and be renamed Community Connection. International Chair would move to Section Chairs and be renamed International Interests and Travel. The positions of Newsletter Editor and Web Manager would move to Branch Operations.

The biggest change is the proposal to add the position Assistant to the President. AAUW CA has used this position for years. The position would be appointed by the President and the role would be to provide support to the President. It is our hope that this position would provide the assistance needed, along with that of the President-Elect, to eliminate the need for Co-Presidents. Leadership is at a premium. Co-Presidents take twice as many leaders under the same term of office. This is not sustainable for our AAUW Redding Branch.

**Motion #2. The Bylaws Committee moves to amend ARTICLE XVI. FINANCIAL ADMINISTRATION, Section 9. Fundraising. a. by substituting a new a.**

Current bylaw:

ARTICLE XVI. FINANCIAL ADMINISTRATION, Section 9. Fundraising.

- a. All monies earned from major branch fundraisers will be divided equally with half going to local scholarships and half going to AAUW Funds.

The proposed amendment reads:

ARTICLE XVI. FINANCIAL ADMINISTRATION, Section 9. Fundraising.

- a. All monies earned from major branch fundraisers netting \$4,000 or more will be divided equally with half going to local scholarships and half going to AAUW Funds with the exception of STEM. New fundraisers must be approved by the Board of Directors.

Rationale:

There was a need to clarify what constituted major fundraisers and the process for approval.

## Bring a Book, Buy a Book

**Join us for the Legal Advocacy Fund book exchange. For the March branch meeting, members are encouraged to bring a book or books to donate to AAUW. All members will have the opportunity to “buy” a book from the table of donated books. All proceeds will benefit our Legal Advocacy Fund. Books that are left at the end of the meeting will be donated to the Library Book Store. Thanks to Mary Jean for organizing this.**



## Membership Event

**An event for new and prospective members will be held April 12, 2018 from 5:30 to 8PM at the Bluffs Clubhouse on Bechelli Lane. Everyone is invited to attend and bring prospective members to learn about Redding AAUW and all of the things we do. There will be a short presentation from each of our interest sections and STEM, Tech Trek and Home Tour. Refreshments will be served.**

**Cathe, Membership VP**



### **AAUW Public Policy – Girls are deterred from STEM careers at an early age. What can we do about it?**

This month, as we put on our local STEM conference, is a good time to think about why women are unrepresented in these fields and what can be done about it. Read AAUW's 2010 report [Why So Few? Women in Science, Technology, Engineering, and Mathematics](#), for a close look at the issue.

Here is some advice for parents from this report:

- Cultivate a growth mindset in your children. Teach them that the brain is like a muscle that gets stronger and works better the more it is exercised. Teach them that passion, dedication, and self-improvement, not simply innate talent, are the roads to genius and contribution.
- Introduce your daughters to engineering and computing.
- Encourage your daughters to pursue mathematics and take calculus.
- Introduce your children to women and men with whom they can identify in engineering and computing fields.
- Question the idea that certain people (often with strong programming skills) are cut out for computing while others are not.
- Provide girls with opportunities to tinker, take things apart, and put them back together.
- Encourage your daughters to play and work with boys.
- Encourage your sons to play and work with girls.

### **Call for Stem Volunteers**

On March 17<sup>th</sup>, at Simpson College, the Redding Branch of AAUW will host the STEM conference for middle school girls. This event not only introduces girls in grades 6-8 to a variety of STEM careers with presentations by women it is also a means for our Branch to raise funds to send two seventh grade girls to Tech Trek summer camp. Tech Trek is an AAUW sponsored STEM summer camp and the girls from our region attend at the University of California at Davis. Just like Home Tour, this event relies on our members to volunteer their help on this day. We are still in need of volunteers to help with proctoring the session offerings, logistics and facilitating interactive stations. If you have not already signed up please **consider helping with this most important event**. If you are willing, please contact Pat Thanking you in advance for your help. Pat

## **Invite a Girl to the Women in STEM Conference Saturday, March 17!**



Plans are well underway for this year's conference. We are pleased to report that corporate sponsorship has increased quite a bit, enabling us to provide a high-quality event for the girls.

We still need volunteers the day of the event. Please contact Pat Williams if you are free that day, either all day, or if you can do a morning or afternoon shift.

The best way **you can help us now is to invite a girl!** to register and attend the conference! Think of your granddaughters, daughters, nieces, girls in your neighborhood, and girls among your circle of friends. The registration flyer has been sent out via email blast. If you missed it, the link to registration is <http://www.expandingyourhorizons.org/conferences/AAUWR eddingSTEM/>.

Thanks so much for all you do to support the Women in STEM conference!!

Maureen, Women in STEM Committee Chair

### **NEED FOR SUPPLIES**

The STEM Conference committee needs supplies for the Interactive Stations. These Stations will allow the girls to participate in hands on activities that are STEM (science, technology, engineering, math) related. These are no cost or low cost items: toilet paper rolls, individual fruit or applesauce containers, coffee filters, berry baskets, tongue depressors, small plastic drinking cups (4-8 oz), scotch tape, duct tape, masking tape, blue paint tape, straws, small foam bowls, twisty ties, zip lock snack size baggies (2 boxes). Any items can be brought to the March 8<sup>th</sup> meeting for collection or call Maureen for pick up. Thank you for your help.

*Lara Wells*  
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## International Interests Section (IIS)

The International Interests Section (IIT) met on January 24th at Marie Callender's to hear Carolyn and Bruce share their travel experiences in England and Scotland. A record crowd of 28 enjoyed their very interesting and humorous presentation.

Please join us at the next IIS meeting on Wednesday, February 28th when Linda and Don treat us to a vicarious trip to Spain. **NOTICE THE CHANGES IN VENUE AND MEETING TIME.** We will meet at Karline's Restaurant and Bar (formerly Gironde's) at 5:30 PM. Don't miss this opportunity to hear what they have to say about this fascinating country. Make your reservations no later than Sunday, February 25th with Adrienne. All family and friends are welcome. Please come and join the fun!

There will be no meeting in March, but save Wednesday, April 25th to hear Debbie and John talk about their Tahitian paradise experience. The location is still to be determined and will be announced later.

Adrienne  
 International Interests Section Chair

## DRAMA SECTION

**STEM gift baskets for girls:** We are putting together at least 5 gift baskets full of items appropriate for 11-13 year old girls. We already have some Art kits/art items, purses, lotions, soaps, books, cosmetic bags, Dream Catchers, small stuffed animals, even a cooking basket. **If you have something you would like to donate please let Tammy.**



## Drama Divas -- Day or Evening

Join us for a fun and easy time reading a play aloud. Lots of laughs and discussions. It is a great way to make new friends. **In March we will read an Agatha Christy mystery "The Unexpected Guest."** Choose the date that works for you.

### First Wednesday, March 7th, 6 p.m.

Hostess: Pat

**RSVP:**

Beverages: Pat

Dessert: Rita

Nuts: Judy

### Second Wednesday, March 14th, 11 a.m.

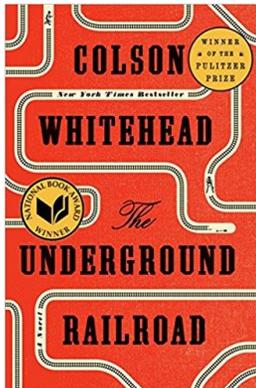
Coordinator: Cheryl

**RSVP:**

Location: Round Table Pizza, Mt. Shasta Mall. Lots of fresh lunch options to choose from.



## BOOK SECTIONS



### Underground Railroad By Colson Wilson

Cora is a slave on a cotton plantation in Georgia. Life is hellish for all the slaves but especially bad for Cora; an outcast even among her fellow Africans. She is coming into womanhood - where even greater pain awaits. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and escape. Matters do not go as planned and, though they manage to find a station and head north, they are being hunted.

March 20 at 2:00 pm

March 21 at 7:00 pm

Leader and Hostess: Cathe for both sessions

Please note that our May meeting at which we have a potluck potato bar and select books for next year's sections will be the evening of May 9 at 5:30 at the Bluff's Clubhouse. More details will follow.

Hathaway,  
Ksenzulak  
& Lapp, LLP  
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## Women of Achievement

It is that time of year to nominate that special woman in our branch and that special woman in our community who stands out as a **Woman of Achievement**. The nomination form is part of the newsletter. Please take time to nominate that woman who stands out in your mind who should be recognized for her achievements either on behalf of the branch or on behalf of the community. Who is it that goes the extra mile to support the mission of AAUW or to enhance our community with her good works? This is our branch's opportunity to recognize and thank those women who demonstrate those ideals. Please take time to consider nominating someone you believe deserves this honor. Application deadline is March 20<sup>th</sup>; send applications to Terri.

**AAUW REDDING BRANCH, INC. WOMAN OF ACHIEVEMENT**

Nominee's Name \_\_\_\_\_  
Phone Number \_\_\_\_\_

Recommending Member \_\_\_\_\_  
Phone Number \_\_\_\_\_

Circle the category for which the nomination is made:  
Community \_\_\_\_\_ or Branch \_\_\_\_\_  
The nomination is made for the year 2017/18 and must be received by March 20, 2018. Please return this form to Terri.

**SELECTION CRITERIA FOR WOMAN OF ACHIEVEMENT**

The criteria for the selection of the Woman of Achievement are drawn from the Mission Statement and Image Statement shown below. Your narrative must include the criteria listed below. You may write on the back of this form or add additional pages.

**REPRESENTS THE IDEAL OF AAUW**

Exemplifies the ideals of AAUW as defined in the AAUW Mission Statement and the California AAUW Image Statement.

**LEADERSHIP**

Serves, and has served, in leadership positions in the community and/or branch. (For branch award only.....has been an active participate for three years or more.)

**SELF DEVELOPMENT**

Fosters her personal development and furthers her education in a formal and/or informal way.

**COMMITMENT TO THE COMMON GOOD**

Demonstrates consistent, effective involvement, thereby bringing about positive societal changes.

**PERSONAL CHARACTERISTICS**

Exemplifies qualities, including friendship, that make her a role model for others.

*AAUW MISSION STATEMENT*

*AAUW advances equity for women and girls through advocacy, education, philanthropy and research.*

*CALIFORNIA AAUW IMAGE STATEMENT*

*AAUW is California's most active and diverse organization for women offering: Action for Equity, Community, Leadership, Personal and Professional Growth  
\*Friendships.\**

As in the past, only written nominations submitted during the current year will be considered. Previous nominations may be renewed by submitting them on/with this form. Nominations for candidates not selected this year will be returned to the recommending member. Branch members are invited to re-submit candidates' names with update information.

