

North Valley AAUW Interbranch Council Luncheon

Saturday, February 4th, 2023, 11:30 AM

McConnell Foundation, 800 Shasta View Dr, Redding

Speaker: Lynn Fritz, MA, Licensed Marriage & Family Therapist, MFC 45877

Topic: Missing and Murdered Indigenous Women (MMIW)



Lynn Fritz has a private practice as a licensed marriage family therapist. She's bicultural Swedish and Native American, Hoopa and Karuk. Lynn is an enrolled tribal descendant of the Karuk Tribe of Happy Camp, CA.

Lynn serves as an expert witness and is an Indian Child Welfare Act consultant. She produces and hosts a weekly radio program on KKRN 88.5 FM, "Enjoy Exceptional Living," in partnership with Enjoy Magazine and KKRN 88.5 FM Community Radio.

An ordained minister, Lynn also chairs Shasta Interfaith, an association of over 20 diverse faith communities in Shasta County that promote understanding and respect for diversity. Lynn presents workshops and trainings on various topics, facilitates community forums, and is a public speaker.

North Valley Interbranch Council

The North Valley Interbranch Council is composed of six north state AAUW California branches, Chico, Paradise, Gridley, Marysville/Yuba City, Oroville and Redding. The Redding Branch is the largest branch in the group, followed by Chico. Redding is also the newest member of the Council; we have been a member for one year. The Council meets quarterly and hosts an interbranch luncheon once a year to offer an interesting, mission focused program and to gather the branches for the purpose of collaboration and networking. When fierce women gather, fierce things happen.



Menu: Green Salad with Cranberries, Walnuts and Feta, Rolls, Chicken Alfredo Pasta Bake, Cheesecake

Vegetarian: Green Salad with Cranberries, Walnuts and Feta, Rolls, Stuffed Zucchini Bake, Cheesecake

Cost: \$30, Seating is limited, register early.

To attend the luncheon, Redding members may RSVP and make payment by using the \$30 General Meeting button on the branch website Payment page: <https://aauwredding.org/payment/> OR Mail check payable to AAUW to Tammy Douse.

President's Message *Bending in the Wind*

As I type this February greeting, there's a welcome sound of rain! It's milder here—downpours and gales in other parts of California. Radical weather and climate change remind me that the tree that can bend is more likely to survive. How fortunate that we Branch members can bend, that we are ready to pivot and meet the challenges facing us! We also look forward while keeping our feet on the ground.

Branch members are reaching out! Sixteen women showed up despite the rain on January 10 for the second Women of Shasta County networking meeting. The Women's Issues Group helped plan the potluck during which we shared delicious food, heard about Girls Inc. programs, and got updates from each organization. Our mutual goal: stay informed, build relationships, and collaborate in order to empower women and girls!

Problem-solving is also at the forefront in the Branch. Figuring out how to reconcile Branch accounts with membership reports from AAUW has been complicated. We think we have a workable dues tracking plan.

Also consider the combination of major challenges facing the STEM Committee: the need to change conference venues in mid-summer and work out details for the return to Shasta College; on short notice, find a suitable replacement server for registration; and manage the impact of inflation. Extraordinary commitment brought registration up and running January 19th. For details about volunteering now and on March 18, read the STEM article: we need your help!

Do put these important events on your calendar: the IBC luncheon February 4 (seating limited) for the rare opportunity to meet AAUW members from other branches and hear Lynn Fritz's message about missing indigenous women; set up for Women in STEM Conference on the afternoon of March 17 and the conference itself starting early on March 18; and the enjoyable Riverfront buyout of "On Golden Pond" on March 23! See you at all of these events!

One final note, mostly for fun, I have to share this link to Discounts & Perks of AAUW membership—take a look by just clicking [HERE](#).

Mari Ennis-Applegate



**AAUW California's new mailing
address**
AAUW California
PO Box 160067
Sacramento, California 95816-0067



Next Board Meetings

All Board Meetings will be 5:30 pm
at the Community Room,
Redding Library, 1100 Parkview Ave.

Monday, February 27

Monday, March 27

Monday, April 24

All members are welcome to attend Board Meetings. The agenda will be emailed one week prior to each meeting.

If you wish to speak to an agenda item at the meeting, please contact
President Mari Ennis-Applegate.



Count Down to Women in STEM Conference 2023 March 18th

It is “T-minus launch” for the **Women in STEM Conference 2023, March 18th**, at **Shasta College**. We hope you have been following the newsletter articles about this unique event. Join us for the February General Meeting to hear more about the event.

Registration is open for the conference. Watch for TV ads on KIXE channel 9 and Action News Now, channels 12 and 24, as we reach out to parents and grandparents about this important event. This is an opportunity to help prepare their daughters and granddaughters for a career in STEM (Science, Technology, Engineering, Mathematics).

Please join us as we prepare to serve hundreds of local and rural north state girls! Here is how you can help:

Gift Baskets for the event are used as giveaways at the end to encourage participants to complete conference and presenter survey forms. This makes the conference better and stronger each year. And the girls just love them! Anne Prielipp is our volunteer gift basket coordinator. If you would like to donate a gift basket or want more information, please contact her.

Volunteers are needed to help with many things on the day of the event as well as for planning. Gail Paulsen (ppaulsen5048@charter.net) is our volunteer coordinator. Please contact her to volunteer. YOU make a difference!

Social Media Publicity is VERY important to the success of the event. PLEASE follow our Facebook page and Instagram accounts and share posts about the event FREQUENTLY! Share all posts several times from now until the event.

Thank you. Together we are making a difference in our community!

Women in STEM Conference - advancing equity for women and girls through local advocacy and education!

Lana Hill and Committee
Women in STEM Conference

We Have A Nom Com

...No, not a Rom Com, a 2023 Nominating Committee.

At our Jan. 14th Branch Meeting, five members were elected to recruit members willing to serve as officers of our branch for the 2023-2024 term under the leadership of incoming President Maureen Chenoweth. The slate will be presented in the April newsletter prior to our Annual April Branch Business meeting when the election of officers will take place.

The committee members are Sandra Tary, Pam Crowe, Frances Cole-Boyd, Adrienne Cowling and Penny Harris as the chair. Alison Krupit will be the alternate in case a member is unable to serve.

Would you like to become an officer of our branch or have a suggestion of a member who might be willing to be a branch leader? Please send your suggestions to anyone on the committee.

A Big Welcome to our Newest Member and Returning Member

Louise Ross and Kathy Redmon

Please seek out and say hello to those who have recently joined our Branch:

For contact information, see page 10.

AAUW Walking/Hiking Group

Walkers check in prior to each walk to let each other know who is coming (so we don't leave without anyone). We also check in to see if we need to cancel a walk due to weather.

Tuesday Walks (8:00 am meeting time, unless otherwise noted):

2/7 Lema Ranch (Shasta View/Hemingway parking lot)

2/14 Churn Creek Trail (College View & Tidmore parking)

2/21 (10:00 am meet time) Sundial Bridge

2/28 Senior Center (2290 Benton Dr)

Saturday Walks (8:00 am meeting time, unless otherwise noted):

2/4 Clover Creek Preserve (parking Shasta View & Venus Way) Lema Ranch (Shasta View/Hemingway parking lot)

2/11 Blue Gravel Mine Trail (meet at Holiday Parking lot at Placer & Buenaventura)

2/18 (10:00 am meet time) Churn Creek Trail (College View & Tidmore parking)

2/25 Anderson River Park

Let me know if you want to be part of the walking group text and I will add you.

Frances Cole-Boyd, Chair



Wine and Brews

Wednesday, February 8, 4:30 pm



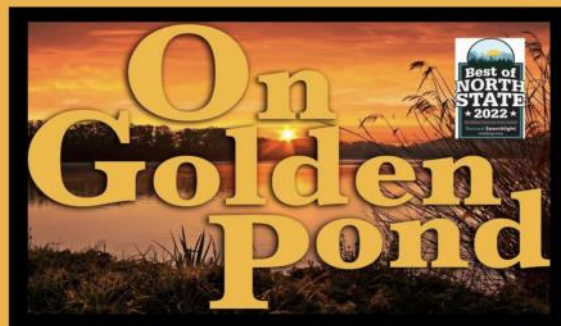
Please join us at the newly located Moseley Family Cellars in The Thompson House, 1448 Pine Street. We will be tasting the Moseley wines. Please bring an appetizer to share.

RSVP by February 5.
Info on Contact Page.

Mimi Moseley suggests you can park in the From the Hearth lot as well as Corbetts across the street.

Sharon Salpas and Andi Winters, Co-Chairs

The AAUW Education Committee is hosting a Riverfront Playhouse Buyout. Join us at the theater to see On Golden Pond on Thursday, March 23, 2023 at 7:30 pm. Tickets are \$25.00. Refreshments will be served. Proceeds fund AAUW Scholarships.





PUBLIC POLICY: February 2023

AAUW California Celebrates Black Women in History for Black History Month

As Nancy Major, AAUW California Public Policy Committee, points out: "Many Black women have made significant contributions to history, thought, society, innovation, science, government, civil rights, women's rights, and much more." This is but a small selection and we know that there have been many more. In Shasta County, we want to celebrate Isaac Lowe. She changed Shasta County. Here is her story:

Isaac Lowe was born in 1921 in Wharton, Texas, and was the 2nd youngest of nine children. Isaac passed away December 30, 2015 in Redding, California. Isaac quickly learned that if you wanted something you have to work and fight for it. She graduated from Wharton High School, Tilloston Business College in Austin and Prairie View A&M in Prairie View, Texas before coming to California. Isaac traveled to California to visit Freddie Brooks, a friend from college who was sick.

While she was visiting, she met Vernon Lowe. Isaac and Vernon were married soon after and began a family in Redding. In 1950 Isaac and Vernon founded the Redding Chapter of the NAACP. Isaac started a catering business in Redding because she was unable to obtain work because of her race despite having numerous college degrees. She was eventually given a job at a doctor's office and later worked in Social Services with Shasta County for 17 years. After her retirement from Shasta County, Isaac really concentrated on civil rights projects in the Redding area. She was the first Black woman to serve on the county's Grand Jury, was a founding member of Shasta County Citizens Against Racism (SCCAR) and was named Citizen of the year in 1992. In 1984 she was AAUW Redding Branch's Community Woman of Achievement. Although she had numerous accolades, she was most proud of getting the Redding City Council to recognize Martin Luther King Day as a holiday several years after it was declared a Federal holiday.

In Shasta County, Shasta County Citizens Advocating Respect (an updated name for SCCAR) raises funds for a scholarship honoring Isaac Lowe and gives several scholarships annually to youth who face diversity, equity and inclusion challenges here in our county.

What a lady!

Susan Morris Wilson



AAUW Drama Divas—1st Wednesday of Every Month

Wednesday, February 1, 1-4 p.m.

Hostess: Andi Winters

Please RSVP to Andi who will be providing tasty treats!

Join us for this month's play reading a comedy, "Daddy's Dyin', Who's Got The Will?" by Dell Shores. The play is set in a small Texas town in anytime, U.S.A. and concerns the reunion of a family gathered to await the imminent death of their patriarch who has recently suffered a physically as well mentally disabling stroke.

Needed: items for gift baskets for girls at the STEM conference. Please bring items to the meeting. Thanks!

Contact Tammy Douse if you are interested in joining this group. We are open to all AAUW members.

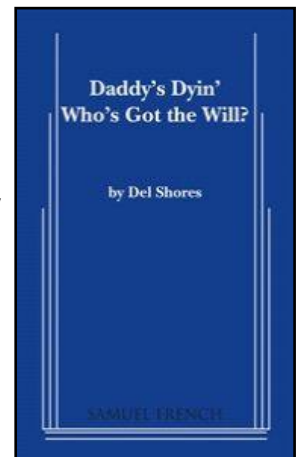
Future dates:

March 1st, Hostess Judy Champagne, dessert needed

April 5

May 3

June 6, Potluck Lunch and Play reading at Sharon Salpas' house



Theater Arts – Community Outreach

Come Join Us for the following **Coming Events**:



Riverfront Theatre: “On Golden Pond”– This play on Thursday, March 23 is a fundraiser for our Scholarship Fund. Tickets can be purchased on our AAUW website.

Cascade Theatre: “Pink Martini” – This is an engaging musical being presented at the Cascade Theater on Wednesday, March 8 at 7:30. Our Anchor Seat for this performance is seat 108 in Row H.

Axiom Theatre: “Cinderella” - Originally written for television, the dates that “Cinderella” is being presented at Axiom are from February 10 to February 25.

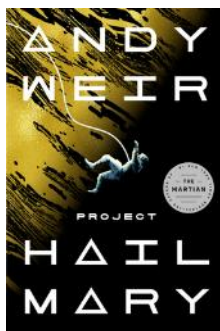
View at Home: Watch on your TV, iPad, etc. **“Hallelujah: Leonard Cohen, a Journey, a Song”** – This film uncovers the life of Canadian poet, singer, songwriter Leonard Cohen and his lifelong journey with music and living life as he saw it.

Contact **Pat Williams and Gwen Knaebel**, Theater Arts Coordinators with questions and ideas!

February Book Section

Project Hail Mary

By Andy Weir



#1 NEW YORK TIMES BESTSELLER • From the author of *The Martian*, a lone astronaut must save the earth from disaster in this propulsive” (*Entertainment Weekly*), cinematic thriller full of suspense, humor, and fascinating science—in development as a major motion picture starring Ryan Gosling.

Ryland Grace is the sole survivor on a desperate, last-chance mission—and if he fails, humanity and the earth itself will perish.

Except that right now, he doesn’t know that. He can’t even remember his own name, let alone the nature of his assignment or how to complete it.

All he knows is that he’s been asleep for a very, very long time. And he’s just been awakened to find himself millions of miles from home, with nothing but two corpses for company.

We will be putting together raffle baskets for the STEM conference in March. This will be your last opportunity to donate money towards this effort. Bruce and Carolyn have done a great job purchasing the items for the baskets in the past and have graciously agreed to do so this year.

Hostess: Debbie Spiess

Date: February 21

Leader: Linda Wright

Time: 2:00



Valentine's Day

From Wikipedia, the free encyclopedia

The modern cliché Valentine's Day poem can be found in [Gammer Gurton's Garland](#) (1784)

"The rose is red, the violet's blue,
The honey's sweet, and so are you.
Thou art my love and I am thine;
I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it shou'd be you."

Gammer Gurton's Garland (London, 1784) in I. Opie and P. Opie, *The Oxford Dictionary of Nursery Rhymes* (Oxford University Press, 1951, 2nd ed., 1997), p. 375.





Save the date!

We are sponsoring a buy out of "On Golden Pond" at the Riverfront Playhouse on March 23rd. Proceeds go to scholarships. Tickets are \$25.00 and are available on the Redding AAUW website. They are also available through Debbie Stokes at most interest group meetings. Small bites will be available before the show. **We need people to sign up to bring food and to drive people who cannot drive at night. Email or text Debbie to sign up.**

AAUW Past Presidents First Thursday Monthly Luncheon

Date: February 2, 2023
Time: 11:30 am
Place: Red Lobster
1345 Dana Drive
Redding, CA 96003
RSVP: Tara Swanson
Deadline: January 31, 2023

HAPPY
Valentine's Day

Travel Interest Group

Wednesday February 22, 5:30 pm

Karline's Restaurant

February will bring another marvelous adventure for the travel group. Gail and Phil Paulsen will present their trip to Alaska. They sailed on the UnCruise lines through the Inland Passage from Juneau to Ketchikan, and then did an extension that included a train trip to Denali for several days and ended in Anchorage. Come and enjoy their pictures of the amazing diverse scenic wonders of the inland passage to Denali.

Travel group is open to all members. If you are a new member to AAUW or a member that has never come before, I would like to extend a personal welcome to you. We meet at Karline's restaurant on 1100 Center Street, Redding.

If you are interested in attending, please make a reservation. Contact Judy Bush

The Travel group has been asked to do a basket for the participants at the STEM conference in March. Please bring any items you think a young person of 7th or 8th grade might like. Some suggestions might be: make-up and items from Bath and Body Works. Judy will put together the basket.



AAUW REDDING BRANCH, INC
WOMAN OF ACHIEVEMENT

Redding Branch AAUW has the option to present two Women of Achievement awards annually. One award goes to an outstanding member of the Branch and the other is given to a woman from the Community at Large.

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. The nomination is made for the year 2023 and must be received by **March 1, 2023**

Nominee's Name _____ Phone Number _____

Recommending Member _____ Phone Number _____

Please mark the category for which the nomination is made: Community _____ or Branch _____

LEADERSHIP: Serves, and/or has served, in leadership positions in the community and/or Branch. (For Branch award only.....has been an active participant for seven 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. Nominations for candidates not selected this year will be returned to the recommending member. Branch members are invited to resubmit candidates' names with updated information

**Please send your application to
Sharon Salpas**

Local Businesses that Support AAUW Redding Branch, Inc.

Please patronize these businesses and tell them where you saw their name.

Estate Planning & Probate Litigation

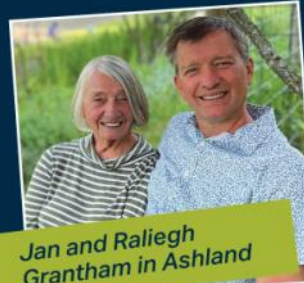


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Archer Pugh, President
Denny Mills, Vice-President
Roger Longnecker, Secretary-Treasurer

THE EATON GIFT

aka Behrens-Eaton House Museum
1520 West Street, Redding, CA 96001

10:00 am to 4:00 pm Tuesday & Wednesday, 1:00 pm to 4:00 pm Saturday

www.eatonhousemuseum.org

behrenseaton@gmail.com

facebook: The Eaton Gift

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