



REDDING REFLECTIONS BEDDING REFLECTIONS

President
Mari Ennis-Applegate

AAUW REDDING BRANCH, Inc. (www.aauwredding.org)
May 2023

Editor
Andi Winters



Come Celebrate

Thursday, May 11, 2023, 5:00 PM

Redding Library Community Room

Join us to Celebrate the Fruits of our Labors

We work during the year to raise money to send young girls to Tech Trek and support those wanting to pursue higher education in a four-year college. Come to meet those who achieved the scholarships and learn who will be attending Tech Trek. We will also congratulate two women who are being recognized for their achievements, one in the community and one in AAUW.



Menu

From the Hearth salads: Artichoke Pesto, Kale/Quinoa, Apple/Fennel slaw & Fruit; cocktail shrimp, coffee, tea, wine, water, lemonade, nuts & dessert.

\$15 with paid RSVP by May 8th. Late payments are \$20.

Make check payable to AAUW and mail to Tammy Douse, or use aauwredding.org, payments, monthly meeting option #3, \$15 or #8-\$15-vegetarian.

Please do not show up without a reservation. Thank you.

President's Message

Spring Blooms

This year's glorious wildflower blooms remind me of a line from the Banana Slug String Band song "Dirt Made My Lunch": *A stubby green beard grows upon the land . . .* This year we have so much more—incredible carpets on hillsides, meadows, and even in scabbly places—lifting our spirits.



The Annual Meeting on April 13 was well attended with lots of chatting and delicious food. We quickly accomplished the business, most importantly electing a wonderful cast of characters—ha, ha!—to lead us in 2023-24: Sharon, Barbara, Joann, Linda, Frances and Lana will join our incoming President Maureen

as Board Members! Then there was that Branch award with the tongue-twister name that went to, um, yours truly. I feel so honored. Our modest fundraiser with plants, yummy baked goods, notecards, and art brought in over \$479 for Tech Trek, and Sally is thrilled!

Collaboration with groups that share our mission is a high priority for AAUW nationally and for our Branch. We again hosted the Shasta Women's Networking meeting in early April. Alyson Kohl, Clinical Director at the Children's Legacy Center, led off with a very inspiring presentation about her work with at-risk children impacted by ACEs. Updates from Girls, Inc., the Society of Women's Engineers, the League of Women Voters, Older Adult Policy Council and our Branch followed. We meet again in July—let me know if you would like more information.

Getting informed and staying connected can be an overwhelming task! At the end of this newsletter are some sources of community information suggested by Branch members.

See you at the May 11 meeting—scholarship winners, Women of Achievement, and more! Special thanks to Program VP Debbie Johnson who is steadily at work behind the scenes!

—Mari

We have a new member
this month.

Please welcome

Marta Hopkins!

She attended On Golden
Pond with us and decided
to join us.

Welcome Marta!



Next Board Meetings

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

Monday, April 24

Monday, May 22

Monday, June 26: Board-to-Board
at Maureen Chenoweth's home

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.

New Officers elected for 2023-2024



Left to Right: Penny Harris, Sandra Tary, Mari Ennis-Applegate, Frances Cole-Boyd, Linda Wright, Maureen Chenoweth, Joann Roskoski, Barbara Enochian, Lana Hill, Sharon Clairemont.

At our annual Business Meeting on April 13, new officers were elected to serve with incoming President-Maureen Chenoweth: President Elect-Sharon Clairemont; Program Vice President-Barbara Enochian; Membership Vice President-Frances Cole-Boyd; AAUW Fund Vice President-Joann Roskoski; Treasurer-Lana Hill; Recording Secretary-Linda Wright.

We thank the nominating committee, Penny Harris, Pam Crowe, Sandra Tary, Frances Cole-Boyd, and Adrienne Cowling for their diligent work. The nominating committee is pleased that each of our new officers has stepped up to lead our Branch forward.

You may have missed this short bio in your email in April, so here is your chance to get to know Sharon Clairemont, our new President-Elect for 2023-2024.

President-Elect: Sharon Clairemont

Sharon moved to Redding four years ago following 35 years in Orange County where she was director of news research for the Orange County Register. Following retirement she was an archivist at the Center for American War Letters at Chapman University and was a literacy tutor for county libraries and at the Orange County Jail. After moving to Redding she managed online book sales for the Shasta Library Foundation and assisted in the foundation's annual fundraiser. She has a master's degree in American history and archival administration from Wayne State University and a master of Library and Information Science degree from San Jose State. She has served as the Redding branch Tech Trek Coordinator and as Education Chair. She loves being Nana to grandchildren in Redding and Orange County, reads too much, and is ready to walk or hike anytime!

The Education Committee is pleased to announce the **selection of four scholarship recipients** from Shasta College. These remarkable women are Taya Henry, Rebecca Wagner, Carmen Ott and Ashley Sherbundy. They have been invited to our May Branch meeting where you will have an opportunity to get to know them. You will be impressed with their achievements and their goals.

Many thanks to committee members Penny Harris, Terri Carlton, Sally Wallman, Gail Paulsen and Judy Bush for their time, commitment and job well done!



At the April Annual Business Meeting, AAUW Fund VP Joann Roskoski presents a certificate to Mari Ennis-Applegate, our AAUW Fund Named Gift Honoree

Membership Renewal

Your energy, your participation, and your support help us to pursue the mission of empowering all women and girls. We look forward to your continued membership! For those of us who joined before 7-1-22, membership renewal date is approaching— watch for reminders from AAUW-National. The cost of everything has risen, including a modest increase in dues to \$122 a year: the \$3 increase in Branch dues we approved last May and a \$5 increase in AAUW-National dues.

You will receive a renewal reminder from AAUW-National. Renewal online is fastest and easiest! Just follow instructions in the reminder. (While online, you might want to double check that your contact information is correct, then browse info available on the website!) Need help logging in? Contact Carol Skill. If you have any questions, email or call Carol Schultz.

You may still pay by check, of course. Make the check payable to AAUW, include a note that it is for membership renewal, and mail it to:

AAUW Redding Branch
P.O. Box 994593
Redding, CA 96099-4593

**NEW MEMBER EVENT -
MAY 18**

Our annual New and Prospective Members event will be 5:30 p.m. on Thursday, May 18 at Maureen's beautiful home in west Redding. Current members are asked to bring an appetizer to share

Save the date and let Carol Schultz know of women you think would be interested in joining our Branch. Carol will be sending invitations to the activity leaders, board members and, of course, the new and prospective members.

Thank you! *Carol Schultz*



AAUW Wine and Brews 4:30, Wednesday, May 10

Please join us for our next Wine and Brews get together at Andi and Greg Winters' home. For this final get-together of the season we are asking each person or couple to bring a bottle of their favorite wine to share. Also, please bring an appetizer.

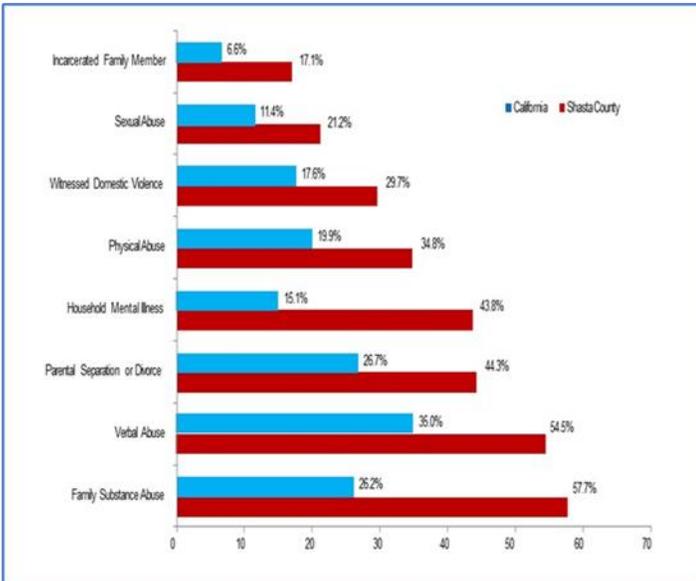
Please RSVP to Andi by May 5th.

—Sharon Salpas and Andi Winters, co-chairs

ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences (ACEs) have been identified as a major public health issue in our community and we are struggling to deal with it. I participated in a discussion of the Community Health Assessment during March and almost every issue in their plan can be traced back to “ACEs.”

So, what are the adverse childhood experiences that we call ACEs? This is a study that was completed by Kaiser Permanente in the late 1900s and early 2000s and continues today. The ACEs include physical and emotional neglect; physical, emotional and sexual abuse; and the household problems of intimate partner violence, incarceration, substance use, mental health disorder and divorce. Shasta County has a very high rate of ACEs, about double the average in the state of CA as seen in this graph:



We have all heard the comments and statistics about our high child maltreatment rates, about our substance use statistics, about our domestic violence rates, about our generally poor health in this county. All those are reflected in our ACEs statistics here.

The issue is how to address ACEs and how to prevent intergenerational transmission of ACEs which we know is possible. ACEs are what happens to us; they do not need to define what happens to us next. The effects of ACEs can be addressed by the community, by each of us.

It is important to recognize the role that ACEs play in chronic health conditions, so it is not surprising that these 10 issues are directly connected to the poor health in our community. Research shows

that the population with 4 or more ACEs has a lifespan 10 years shorter than the average life span. Shasta County has one of the poorest health ratings in CA, as outlined in the [2022 California County Health Ranking](#), and that affects us all.

What can you do?

Read more about ACEs on our website and at: <https://www.pacesconnection.com/collection/how-to-finding-your-way-around-aces-connection>

Learn more about Shasta County 2022 California County Health Rankings:

https://www.countyhealthrankings.org/sites/default/files/media/document/CHR2022_CA_0.pdf

Learn more about how to strengthen families to overcome ACEs in their generation.

—Susan Morris Wilson, Public Policy Chair



Travel Interest Group Wednesday, April 26th, 5:30 pm, Karline's Restaurant

Join us for our last travel meeting until October. The evening will start out with a travel short presentation of Death Valley. The highlight of the meeting will be a presentation by Carol Schultz, Suzannah and Tim Gerlach of their trip last summer to Scotland.

If you are a new member to AAUW or a member who 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 contact Judy Bush and make a reservation

—Judy Bush, Travel Chair

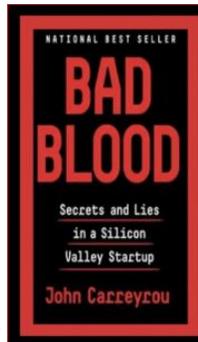
**The Book Section
gathering for May
will be a Potluck
at the Bluffs Clubhouse on
North Bechelli**

Tuesday, May 16 at 5:00

We are planning a potluck with an appetizer, salad, and dessert bar. A sign up sheet was circulated at the April meeting. If you have not yet signed up, please call or e-mail Debbie Spiess to let her know what you would like to bring.

Please come ready to enjoy a meal and community with our book section participants. We will nominate books proposed by members and then vote on our final selections. If you have a book you would like to suggest, it is recommended that you have read it prior to nominating it. It is also preferred that books be out in paperback. This is a wonderful opportunity for new members or members who are interested in joining our group next year to get to know us.

—Debbie Spiess, Chair



The AAUW Book Group met in March to review the selected book, "Bad Blood: Secrets and Lies in a Silicon Valley Startup" by John Carreyrou. Kristin Moore was the Hostess and Discussion Leader.

Theater Arts

Become a Redding Branch Theater Goer! Bring continual new enrichment to yourself, other branch members, family members, community residents and passers-by. Check the following suggestions and make your choices.



Shasta College Saturday, April 29, 7:30 pm
"A Celebration!" A musical extravaganza

Cascade North State Symphony
Saturday, May 13, 7:30 pm, "Masterworks 4"

Cascade James Garner's Tribute to Johnny Cash
July 2, Sunday at 3:00 pm

Also reach out and check coming events at the above and following theaters:

**Axiom Repertory Theatre
Redding Civic Auditorium**

**Riverfront Playhouse
David Marr Auditorium**

For additional information contact Gwen Knaebel or Pat Williams.

Suggestions of how to continue to enrich this program are always welcome.



In March the AAUW Redding Theater Arts group viewed "The Curious Incident of the Dog in the Night Time" at the Axiom Repertory Theatre. AAUW supports the arts in Shasta County.

Drama Divas

Wednesday, May 3, 1-4 p.m.

Carol Schultz, Hostess

AMEN CORNER



Join us for another fun play reading. We will be reading "The Amen Corner," a three-act play by James Baldwin. It was Baldwin's first work for the stage following the success of his novel "Go Tell It on the Mountain." The drama was first published in 1954 and inspired a short-lived 1983

Broadway musical adaptation with the slightly truncated title, "Amen Corner."

RSVP to Carol by April 30 so she knows how many will be attending.

—Tammy Douse, Chair



Past Presidents Lunch



AAUW Past Presidents gathered at LuLu's on April 6 for their First Thursday Monthly Luncheon. The next luncheon will be on May 4, 11:30 a.m. at Corbett's, 1455 Pine Street. RSVP Tara Swanson by May 2.

AAUW Walking/Hiking Group



Mari, Frances, Alison Debbie and Terry (not pictured) had a fun walk one beautiful April morning on the Upper Salt Creek Trail.

May Walks – All walks will begin at 8:00 am. Our walks have been gorgeous. Flowers are blooming and streams are flowing.

Please contact Frances if you have questions. Make sure you let her know if you will be walking. We don't want to leave you!

Tuesday Walks

5/2 Clover Creek Preserve (parking lot off of Shasta View & Galaxy)

5/9 Piety Hill: 3.9 mile loop; Moderate; Surface is dirt. (CARPOOL: We will meet at the Save Mart/Ross parking lot)

5/16 Sundial Bridge

5/23 Anderson River Park

5/30 Mule Ridge/Swasey Trail: Moderate; Surface is dirt (Meet at the Wintu Trailhead on Swasey Drive)

Saturday Walks

5/6 Churn Creek Trail (NOTE: park at Lema Ranch/Shasta View/Hemingway parking lot)

5/13 Senior Center

5/20 Blue Gravel Mine Trail (meet at Holiday Parking lot at Placer & Buenaventura)

5/27 No walk – Memorial Day weekend

—Frances Cole-Boyd, Chair

Community Events

Want to stay informed about what is happening in our community as it relates to our mission? These information sources suggested by members may interest you.

Newsletter

New member Lynn Fritz's newsletter—community events, trainings or issues: Email Lynn at lynnprod@sbcglobal.net. Include first and last name and phone number. You can opt out from the newsletter at any time.

Organizations and Their Websites

Beloved Community Shasta County: on Facebook

Children's Legacy Center: <https://www.childrenlegacycenter.org/>

Girls, Inc. of the Northern Sacramento Valley: <https://www.girlsincnsv.org/>

League of Women Voters of the Redding Area: my.lwv.org

Older Adult Policy Council

Nor-Cal Think Pink: <https://www.norcalthinkpink.org/>

One Safe Place: <https://ospshasta.org>

S.C.C.A.R. Shasta County Citizens Advocating Respect: <https://www.niot.org/group/shasta-county-citizens-advocating-respect-sccar>

Society of Women Engineers: Proposed Shasta Cascade Section of the Society of Women Engineers on Facebook

The Women's Fund Reimagined: <https://womensfundredding.org/>

Radio & TV Stations

KFOI 90.9 FM <https://www.kfoiradio.org/>

KKRN 88.5 FM <https://kkrn.org/>

KCHO 91.7 FM Chico-Northstate Public Radio. myspr.org

KFPR 88.9 FM Redding-Northstate Public Radio. myspr.org

KNCA 89.7 FM Burney/Redding-Jefferson Public Radio, Rhythm & News. <https://www.ijpr.org/>

KWCA 101.1 FM Redding-Jefferson Public Radio, Classics & News. <https://www.ijpr.org/>

KJPR AM1330 Shasta Lake City/Redding-Jefferson Public Radio, News & Information. <https://www.ijpr.org/>

KIXE TV--PBS **KIXE 9-1** · **KIXE 9-2** · **KIXE 9-3**. Northern California Educational Television.

Media

A News Cafe: anewscafe.com

Shasta Scout: annelisepierce@shastascout.org

Local Businesses that Support AAUW Redding Branch, Inc.

Please patronize these businesses and tell them where you saw their name.
For information about renting a monthly 3" by 3.5" square, Contact Debbie Stokes.

Estate Planning & Probate Litigation



- Living Trusts & Wills • Medi-Cal Planning
- Will & Trusts Contests • Conservatorship
- Special Needs Trusts • Probate Litigation
- Social Security Disability



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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

Display Museums
1939 Butte Street
Redding, CA 96001
(530) 241-3454

Events & Private Tours Available
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