



REDDING REFLECTIONS

BEDDING REFLECTIONS

President
Sharon Clairemont

AAUW REDDING BRANCH, Inc. (www.aauwredding.org)
January 2025

Editor
Andi Winters

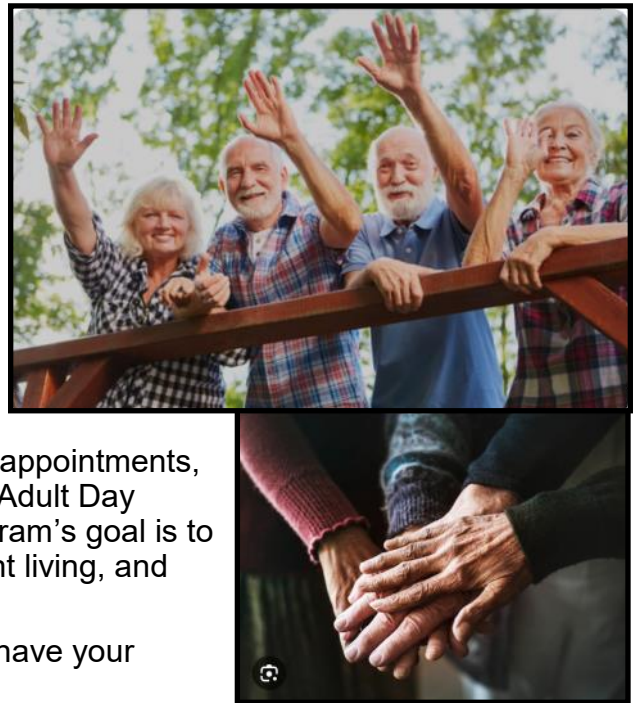
January Branch Meeting

Saturday, January 11, 2025

Community Room, Redding Library at 11:30 am

Tina Brown, Connected Living, Dignity Common Spirit Health

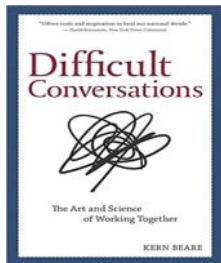
Have you ever wondered what services are available to seniors in the Redding area? As we grow older our needs and the needs of our loved ones change, often requiring outside assistance. Tina Brown, Director of Operations at Connected Living, will speak to us of the many services available to seniors, adults with disabilities, and families in need. Connected Living is affiliated with Dignity Common Spirit Health and was formerly known as Golden Umbrella. The organization provides support in three main areas: meals, transportation, and Adult Day Services. Connected Living offers Meals on Wheels, food banks, and group meals at Mercy Oaks. They have vans to transport seniors and disabled adults to meals, shopping, medical appointments, and errands. For those in need of supervision, there are Adult Day Services, bill paying services, plus many more. The program's goal is to support seniors in their homes, to encourage independent living, and make their lives more enjoyable.



Please save January 11, 2025, to hear our speaker and have your questions answered.

Please contact Barbara if you have any questions. RSVP to Marta Hopkins.

We will be having salads catered by From the Hearth. The cost for this event will be \$20, payable by check, cash, or PayPal (choose either option #3 or option #8). Checks made out to AAUW may be sent to Marta Hopkins.



DIFFICULT CONVERSATIONS

Thursday, January 23, 9:00 am - 4:00 pm
The McConnell Foundation

AAUW, the League of Women Voters of the Redding Area and the Shasta County Citizens Advocating Respect are presenting a workshop called *Difficult Conversations* by Kern Beare, a former Silicon Valley communications professional with deep roots in the fields of interpersonal communication and conflict resolution.

Based on a successful workshop that has engaged diverse audiences around the country, "Difficult Conversations: The Art and Science of Working Together" explores a powerful set of research-based principles and strategies that will allow you to engage in meaningful dialogue with anyone.

We have the book available for \$10. Lunch will be served for \$15. Please join us so we can model this behavior right here in Shasta County. Contact Susan Morris Wilson for registration.

A Message from the President



You know how right after the winter solstice you notice the daylight hours begin to get longer again? Nah. Me neither! These incremental increases in daylight seem to take forever. Suddenly, however, say in February, you realize you're not driving in the dark so much anymore and it's lighter when you wake up. Change is incremental in many aspects of our lives. In AAUW, we are very familiar with how effecting change in the lives of women can seem incremental and slow. But does that stop us? Of course not! We know change does happen and we know we are the people who make it happen, whether that's in changing the lives of local girls and women with camperships and scholarships or in affecting legislation on state and national levels.

We've accomplished a lot in the past six months. We've set up new avenues for fundraising through the Special Projects Fund and through Giving Tuesday. We've had successful fundraisers with a Riverfront Playhouse buyout and a Starry Night of Art & Wine evening, and we had fun doing it. We've broadened our knowledge of our community through Branch program speakers and enjoyed that, too! Our plans for the coming year's Tech Trek camperships and Shasta College scholarships are well underway.

We have much more to come – a “Difficult Conversations” workshop, our Women in STEM Conference, our first-ever Garden Tour, a legislative Action Day, and more terrific speakers at Branch meetings. Don't pass up an opportunity to be involved. It'll be rewarding, I can promise you.

You, through AAUW, are creating change. Let's not slow down. Let's not find excuses for not getting involved, for not volunteering some time. There are girls and women who need our help.

2025 is going to be a great year for us! I am grateful you are a part of making it so.

Happy New Year!

Sharon Clairemont, Redding Branch President



Now is the chance to step forward to help make the Women in STEM Conference another stellar event for middle school girls!

Please let us know to which of the volunteer position(s) on March 29 you would like to be assigned:

- Registration
- Interactive Stations
- Breakout Session Classroom
- Hospitality in Cafeteria
- Volunteer Hospitality
- Famous Women in STEM
- Campus Logistics

Please contact STEM Chair Nancy Overton. Look for our sign-up event at the January Branch monthly meeting.

Nancy Overton, AAUW STEM Chair, 2025 Women in STEM Conference, AAUW Redding



Mark Your Calendars!!!
Thursday, February 6, 2025
Social: 6:30pm. Play: 7:30pm

“The Odd Couple” Buyout at Riverfront Playhouse

A comedy by Neil Simon, directed by Sean Sampson: Unger and Madison are at it again. Florence Unger and Olive Madison, that is, in the hilarious contemporary comic classic: the female version of The Odd Couple. Instead of a poker party that begins the original version, Ms.

Madison has invited the girls over for an evening of Trivial Pursuit. The Pidgeon sisters have been replaced by the two Constanzuela brothers, but the hilarity remains the same.

Thanks to Marta Hopkins for coordinating our social that evening. Both sweet and savory small bites will be available before the production and at intermission, and there will be drinks available for purchase. She will need our support by bringing sumptuous finger goodies, setting up and cleaning up. Let Marta or me know if you can help that evening.

Tickets are \$35 and are now on sale. Text or email me if you'd like to reserve tickets or you can send a check made out to AAUW Redding to Pris Brutlag to hold tickets at Will Call February 6. Pay Pal is also possible but please remember the fee we are charged cuts into our profits.

All net proceeds benefit the STEM Conference March 29 and Tech Trek camp at UC Davis next summer. Thank you in advance for your support!

Pris Brutlag, Tech Trek and Riverfront Buyout Chair

PUBLIC POLICY-DIVERSITY, EQUITY and INCLUSION

“The year is over, but the action is not.” Gloria Blackwell, AAUW CEO

National AAUW is asking that we contact our representatives in congress to take action on two pieces of legislation that would directly benefit the lives of all American women.

- Urge our representatives to ask President Biden in these last few days in office to get the **Equal Rights Amendment** to the Constitution published. The ERA will be our 28th Amendment. It has met all the qualifications to become part of our constitution way back in the 1970's. It just needs to be certified and published. Congress just needs to waive the deadline which has passed so ratification can occur.
- Urge our representatives to pass the **Social Security Fairness Act**.

CA AAUW is asking that we consider the following action: **Advance Equity Through Legislation** by participating in **Lobby Days** in Sacramento April 8 or by zoom April 9. Registration forms are coming to your email very soon this month. Let me know if you'd like to join a Redding Lobby Days team.

The **AAUW CA School Boards Project** is continuing with several state branches actively engaging with their local public school boards. A **survey** is coming to your email from AAUW CA regarding **trainings** open to all members from the Public School Defenders Hub. The trainings will enable us to effectively engage with our local school boards to advance “Equal Access to Quality Public Education for All Students” which is one of our four Public Policy Priorities. We have a local **coalition** of civil rights groups working with the Anderson Union High School Board right now to further this goal. Involvement appreciated.

Join the **Title IX zoom meeting** January 9 at 3:00pm. We will be discussing how the current Title IX revisions impact AAUW's values and our Public Policy Priorities. Here's to a new year filled with collective, effective ACTION.

Penny Harris, Public Policy, Diversity, Equity and Inclusion Chair

Garden Tour Meeting January 10, 1:00 pm

Foundation Room of the Redding Library

The Foundation Room is located just past the help/check out desk, next to the bookstore.

At the first official meeting of the Garden Tour committee we will be discussing plans for the ticket brochure, design and distribution of the posters and plans for the distribution of the ticket brochures in addition to the basic logistics of the tour. At this point a volunteer or volunteers who have the computer skills to design a poster with a QR code would be greatly appreciated.

We have six gardens committed to the tour. Holiday Markets has agreed to sell the tickets in addition to Wyntour Gardens. Other businesses may also be invited to sell the tickets. Several businesses have agreed to advertise in the brochure but more are needed. I have personally sold ads to my attorney, my real estate agent and the architect who designed our house, all of whom are women. If you would be willing to leave off a letter soliciting ads with a business you frequent that would be greatly appreciated. The deadline for sending in payment for the ad is January 31 to give us plenty of time to make up the brochures and posters. Advertising businesses will have an ad in the brochure and an acknowledgment on the posters.

The Garden Tour will be Saturday, May 10, the day before Mother's Day, from 9 am to 2 pm. A refreshment station will be set up at the Behrens-Eaton Victorian Garden with cookies, tea and coffee. Yes, cookie contributions would be greatly appreciated but we are also looking at buying cookies.

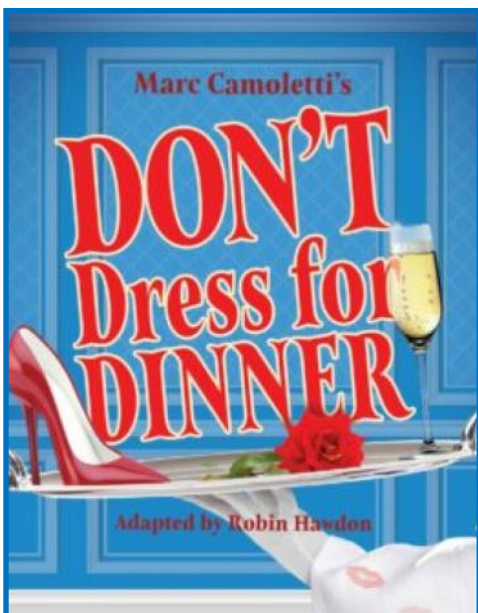
The current plan is to mail out two ticket brochures to every member. We would like to encourage every member to buy tickets, but if you would rather not have the ticket brochures mailed to you, please let me know and I will remove your name from the mailing list.

Debbie Stokes, Chair

AAUW Redding Garden Tour

Saturday, May 10, 2025,

the day before Mothers Day



Drama Divas * Happy New Year!

Wednesday, January 8 from 1-4 pm

Hostess: Tammy Douse

Please rsvp to Tammy so she knows how many to plan for. We will be reading "Don't Dress for Dinner" by Marc Camoletti adapted by Robin Hawdon. This boulevard comedy was a smash hit in Paris where it played for over two years.

This group is open to all AAUW members and new members are welcome to join us. This is our 24th season of play reading and I will have 10 copies of the play for us to read from. It is a lot of fun and a great way to share time with other members in a small setting. Contact Tammy Douse if you have any questions or would like to join us.

Save the dates: 2/5/25 at Shirley Ramstrom's, 3/5/25 at Diane Madgic's.



Wine and Brews Wednesday, January 8 at 4:30 pm

Meeting at Casa Rios Grill on Hartnell Ave. Please contact Nancy Randall by Monday, January 6, to attend.



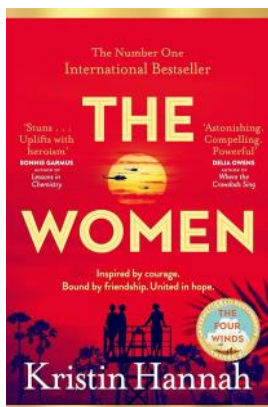
Upcoming Board Meeting

January 27, 2025

We meet at 5:00 pm in the Foundation Room at the Shasta County Public Library.

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 Sharon Clairemont.



January Book Section January 21, 2:00 pm *The Women*, by Kristin Hannah

Women can be heroes. When twenty-year-old nursing student Frances "Frankie" McGrath hears these words, it is a revelation. Raised in the sun-drenched, idyllic world of Southern California and sheltered by her conservative parents, she has always prided herself on doing the right thing. But in 1965, the world is changing, and she suddenly dares to imagine a different future for herself. When her brother ships out to serve in Vietnam, she joins the Army Nurse Corps and follows his path.

As green and inexperienced as the men sent to Vietnam to fight, Frankie is overwhelmed by the chaos and destruction of war. Each day is a gamble of life and death, hope and betrayal; friendships run deep and can be shattered in an instant. In war, she meets—and becomes one of—the lucky, the brave, the broken, and the lost.

But war is just the beginning for Frankie and her veteran friends. The real battle lies in coming home to a changed and divided America, to angry protesters, and to a country that wants to forget Vietnam.

The Women is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country has too often been forgotten. A novel about deep friendships and bold patriotism, *The Women* is a richly drawn story with a memorable heroine whose idealism and courage under fire will come to define an era.

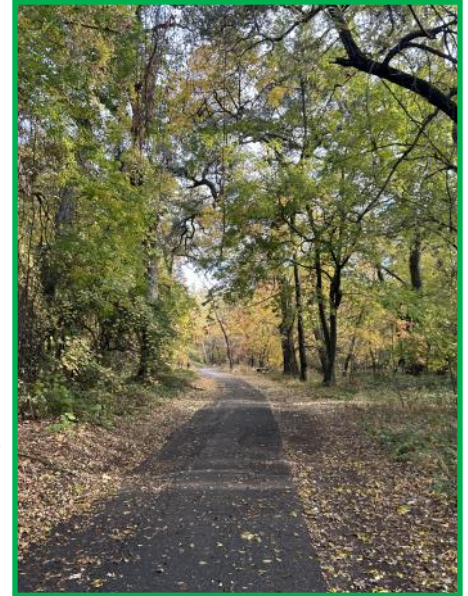
Host: Annette Spitsen Leader: Donna Holscher

Women's Issues Interest Group January 14, 5:30 pm at Marta Hopkin's

In December, the group discussed Chapter 3: The Long Friday and Chapter 4: The Myth of Meritocracy from *Invisible Women: Data Bias In a World Designed for Men* by Caroline Criado Perez. In January, the discussion will be focused on Chapter 5: The Henry Higgins Effect and Chapter 6: Being Worth Less Than a Shoe. Please let Marta know by January 8 if you will be able to attend. Everyone is welcome. Two people to provide snacks are needed.

Walking Group Schedule January 2025

In January, the walking group will take a special trip to the Sacramento National Wildlife Refuge, south of Willows. We will tour the new visitor center, walk the Wetland trails, an easy 2-mile loop, and drive the 6-mile auto tour. The auto tour takes you through wetlands, grasslands, vernal pools and a riparian area. Visitors are required to stay in their vehicles but can get out of their vehicles at one of the three Park-and-Stretch Areas. A multi-level Observation Deck is located approximately halfway around the Auto Tour in addition to a new low-profile deck, where there is a spotting scope, a restroom, and fantastic views! We will see ducks, geese, shorebirds, raptors, songbirds, and mammals. A \$6 day pass or a current year/ lifetime National Park pass is required for each vehicle. We will stop for a late lunch on the way home.



All other walks begin at 8:15 am. If you are interested in any walks, please contact Frances Cole-Boyd. *Photo by Frances Cole-Boyd*

Tuesday Walks:

- 1/7 Churn Creek Trail (trailhead at Tidmore, off of College View)
- 1/14 Clover Creek Preserve (parking lot at Shasta View & Venus)
- 1/21 Lema Ranch (Shasta View/Hemingway parking)
- 1/28 Kum Bay Xerel (take the Knighton Road exit off of I-5)

Saturday Walks:

- 1/4 Blue Gravel Mine Trail (meet at Holiday Parking lot, Placer and Buenaventura)
- 1/11 Senior Center (2290 Benton Drive)
- 1/18 **Sacramento Wildlife Refuge day trip – Meet at 7:30am at Frances's**
- 1/25 Sundial Bridge



Travel Group Wednesday, January 22, 5:30pm Karline's Restaurant *Reservations Needed*

Travel is now back for the next three months. Please join us for our entertaining dinner evenings at Karline's Restaurant. On Wednesday, January 22, Alison Krupit will present her trip to the Galapagos Islands that she took several months ago. Alison's lively presentation is guaranteed to entertain you with amazing pictures of wildlife on land. Plus, she will share her underwater pictures she took while snorkeling.

If you are interested in presenting a trip or you know of someone who might like to share a trip with our travel group, please contact me. I am always looking for new presenters.

Travel dinner meetings are all held at Karline's Restaurant and start at 5:30. Travel group is open to all members plus spouses/friends are welcome.

For reservations, please contact Judy Bush, Travel Leader

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 Jean King.



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AAUW

Advances equity for women and girls through advocacy, education, philanthropy, and research.

To find out how we do this, see our website

www.aauwredding.org