



The Grapevine

Healdsburg Branch

Advancing equity for women and girls through advocacy, education, philanthropy, research
November 2011 www.healdsburgauw.com Vol.27 No.3

November Speaker Series

Tuesday, November 1

5:00 Social, 5:30 General Business, 5:45 Speaker

Healdsburg High School Library

1024 Prince Street (at Powell)

Helpful Hints about How to Listen to Your Body and Reclaim Your Own Health



Dr. Shiroko Sokitch, our featured speaker, graduated from the University of Washington School of Medicine in 1984 and the Northwest Institute of Acupuncture and Oriental Medicine in Seattle in 1990. Since 1993, she has owned and operated Heart to Heart Medical Center, a complementary medical center in Santa Rosa. She offers a new approach to healing in which she assists people in learning how to bring wellness, healing, and complete transformation to their being. She blends Chinese and Western medicines in a unique way by helping her patients navigate the understanding of Western medicine in combination with alternative medicine.

Dr. Shiroko writes an alternative medical advice column in the Healdsburg, Windsor, and Sebastopol newspapers.

—Kim Kopp & Carol McKnight, Co-Chairs

Please join us on November 1. Speaker Series meetings are held the first Tuesday of the month in the library at Healdsburg High School. The meeting begins at 5:00 with social time. We convene at 5:30 with AAUW general business and a spotlight presentation by an Interest Group leader. The featured speaker begins at 5:45 (**note the new start time**).

President's Message

Did you miss out on the first Pot Luck Dinner of the year? All our major events are listed in the Events section of our website



www.healdsburgaaauw.com

Just click on Events; print out the page and save the dates now for our upcoming Holiday Party, December 4, and Happy

Hours, Dinners, Speaker Series, Cultural Events, and Luncheons. Watch the newsletters for information on how to RSVP. The locations have been chosen with enough room so that no one will be turned away.

A big THANK YOU to **Joyce Scramaglia** for hosting our October dinner. It was a beautiful evening and a lovely setting to enjoy the delicious food and wine brought by our members.

Check out the Calendar section of our website for all the monthly meetings of our interest groups and committees. A click on an entry may bring up more details.

Holiday Giving: November is our shopping month for school supplies to give to Healdsburg Elementary School. (The teachers' wish list is below.) Please bring your donated items to the December 4 party or drop them off on my porch at 709 Brown St., Healdsburg, during November. With the cutbacks in the school budget, many teachers end up buying these items themselves or students go without. The staff appreciates our donations very much!

Teachers' Wish List

- 1) Gallon Ziploc storage bags (Students use these as weekly book bags.)
- 2) Ticonderoga brand #2 pencils
- 3) Glue sticks
- 4) Low odor blue chisel tip whiteboard markers (Students use these on their whiteboards.)

- 5) Variety packs of multi-colored low odor whiteboard markers (for classroom use)
- 6) Erasers (pencil top and regular)
- 7) Stickers (variety: stars, seasonal, holiday etc.)
- 8) Post-its (variety of sizes: 3 inch x 3 inch are used the most)
- 9) Hi-liter pens (Students use these to hi-light words and key sentences.)

I look forward to socializing with you at 5 p.m. on Tuesday, November 1, before our next Speaker Series at Healdsburg High School Library.
—Charlene Luks

Great Decisions Discussion Group

The Foreign Affairs Association, Great Decisions, has just announced its new topics for 2012. New books will be ordered soon. If you are thinking of joining our discussion group, now may be the time! Topics are:

- *Middle East Realignment* — after the revolts of the Arab Spring.
- *Promoting Democracy* — what place does the U.S. have today?
- *Mexico* — its place and relationship with neighbors and trans border challenges.
- *Cyber security* — how does this figure in U.S. strategic interests?
- *Exit from Afghanistan and Iraq* — ten years after 9/11/2001.
- *State of the Oceans* — essential to life on earth.
- *Indonesia* — 15 year democracy, developing country; what is its role?
- *Energy Geopolitics* — how our energy needs affect U.S. relations with other nations in the changing world landscape.

—Suzanne Pfau

HAPPY HOUR

The time has come again for our Happy Hour event, to be held at the home of Sue Campbell, 3101 Westside Road, on Thursday evening, November 10, from 5:30 to 8:30. Every couple please bring an appetizer for 15 to share and a bottle of wine. Singles get a choice of bringing one or the other. If you are planning to come, **please** respond to Novak@sonic.net with the count. Thank you and see you there!

—Carol Novak



Directions to Sue's home, 3101 Westside Road: If you're coming via 101, it's the Central Healdsburg exit going north and the Westside Road/Guerneville exit going south. Go west on Westside Road 3 miles. Her drive is on the right just after you pass Twomey winery on the left. It has a white rail fence behind a big arrow sign. Her house is the first one on the left, and there should be plenty of room to park. Remember to carpool. **If you don't have a full car or want a ride, carpools will organize at the Dollar Tree parking lot between 5:15 and 5:30. If you need a ride from home, contact Ronnie Devitt vdevitt@comcast.net.**

AAUW Earns Four-Star Rating!



AAUW has received a four-star rating from independent charity evaluator Charity Navigator. This rating is the highest the organization bestows on nonprofits. Fellowship and grant recipients are some of the beneficiaries of the AAUW Funds. On October 23, **Jan Garwin** and **Suzanne Pfau** attended a luncheon in Danville featuring some of the California recipients of these funds. Their report was too late for this edition, but don't hesitate to ask them about the luncheon.

November Cultural Excursion

The Ren Brown Gallery in Bodega Bay

The cultural excursion for November will be a visit to the Ren Brown Gallery in Bodega Bay. This beautiful gallery specializes in a wide range of contemporary Japanese art, produced by both Japanese artists and western artists living and working in Japan. The gallery itself has a sense of peace that makes it a wonderful place to view the lithographs, paintings, pottery, and antique furniture on display. Behind the gallery is a beautiful and authentic Japanese garden that we can stroll through. Bring an umbrella if the weather is damp.



After the gallery we will continue a short way up the road for lunch at the Terrapin Creek Café, a new recipient of a Michelin star.

—Shannon Barton-Wren

Date: November 10

Time: 10 a.m.

Place: Park 'n Ride near Giorgio's for carpooling

RSVP: by Nov 7th to shannon@wreninternational.com



October Cultural Excursion group visits Snoopy at the Charles Schultz Museum.

HOLIDAY PARTY

Come join us to celebrate the season!

Sunday, December 4, 4-7 p.m.

Mary Ann and Joe Mayo's

5949 Dry Creek Road, Healdsburg



If your last name begins with A-L, please bring an appetizer for 15; M-Z please bring a dessert.

Couples also please bring a bottle of wine.

RSVP to Joyce Scramaglia richscram@sbcglobal.net

Carpooling at capacity is a must! If you do not have a full car, please stop at the parking lot behind the Bean Affair on the corner of March and Healdsburg Avenue between 3:45 and 4:00 p.m. If you have special requests, such as needing pick up, or pairing with late arrivals or early departures, contact Ronnie Devitt vdevitt@comcast.net.

October Potluck Dinner...great hosts, great food, great wine....



The dinner was hosted by Rich and Joyce Scramaglia.



Shally Shultz enjoys the sumptuous feast!



Carol Hazlett and Helaine Scholze toast the photographer.

International Advocacy



Women, War & Peace, with executive director Abigail Disney, is a bold new five-part PBS television series that challenges the conventional wisdom that war and peace are men's domains. Featuring narrators Matt Damon, Tilda Swinton, Geena Davis and Alfred Woodard, *Women, War & Peace* is the most comprehensive global media initiative ever mounted on the roles of women in war and peace. With depth and complexity, the series spotlights the stories of women in conflict zones from Bosnia to Afghanistan and Colombia to Liberia, (*Pray the Devil Back to Hell*), placing women at the center of an urgent dialogue about conflict and security, and reframing our understanding of modern warfare. The international advocacy team urges you to watch it, to encourage others to watch it, and to be part of this important dialogue.

<http://www.pbs.org/wnet/women-war-and-peace/>

—Sherry Ludwig, *International Advocacy*

THANK YOU LETTER FROM A TECH TREK CAMPER

Dear Healdsburg AAUW Branch Members,



Thank you so much for providing support for me to go to Tech Trek. I appreciate that so much. The week at the camp was one of the best weeks of my life. I loved it so much that I would love for it to be for one more week, but unfortunately, it isn't. I hope that I will be able to come back as a junior counselor.

The first thing that I liked was my core class: Math brain training. I liked the nightly challenges because they gave me something to do during free time and they were fun. I also liked the class because we got to make a Rubik's cube with our hands, we got to play Brain Age 2, and we were pushed to learn everyone's name in the class. I had lots and lots of fun.

The second thing I liked was the professional women's night. I got to talk and ask questions to ten women. It was interesting to listen to a doctor, a woman from Pixar, a mathematician, an architect, and a veterinarian. It was very interesting. I learned lots of new things. It was awesome.

Sincerely,

Angela Chavez

Beginning Bridge



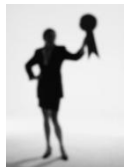
Would you like to learn how to play bridge? Please join us at the Bean Affair, Thursdays, 2-4 p.m. We will be starting at the beginning, so if you have never played before, this is the class for you! If you haven't played in years and want a refresher course, come join us!

Call or email Carol Ann Hathaway, 473-0682, or cah95448@gmail.com

Thank you Letter from A SRJC Scholarship Recipient

Dear American Association of University Women,
Healdsburg Committee,

I am writing to express my deepest gratitude for your generous scholarship. I was very excited to learn that I had been selected as the recipient. I am currently transferring to Cal Poly San Luis Obispo as a mechanical engineering major. My time at the Santa Rosa Junior College has been beneficial to my studies, and I feel very prepared to continue on in my education at a four year university. I plan to focus on research in biotechnology with an emphasis in environment sustainability. I don't think I can convey how amazing it is to receive this support in my endeavors. Not only does it make it easier for me to focus more on school and work less, but it also makes me feel good to know that someone believes in me. I plan on working less and saving up for a laptop, and I couldn't have done any of that without your support!



Thank you again,

Alexandra Golobic

Updated Email Addresses

Kay Kohler - kaykohler@earthlink.net

Victoria Toboni - maclachlan123@sbcglobal.net

Michele Alexander – mea1745@gmail.com

Lisa Michaels - lismichaels@sbcglobal.net

New Members

Victoria Toboni is one of two new members this month to have found us on the Internet! A longtime teacher who retired from her Cloverdale



teaching job in May, she knew of AAUW through acquaintances throughout her career. Victoria maintains she intends to ease

herself into new activities and commitments since her retirement; however, she found that after years of teaching she missed being around women. AAUW was the answer, made even more attractive to her because of our emphasis on support for local schools. She spent much of her teaching experience as a reading specialist with a focus on kindergarten and grades one and two. As a former teacher, Victoria is interested in advocating for the education of young women. Additionally, she looks forward to joining a book club and participating in discussion groups of current issues. For her, AAUW appears to be the perfect match of head and heart.

Kay Kohler and her husband, Jeff Kupers, while still keeping their long-time home in Oakland, are enjoying their new wine country retirement life in Healdsburg. Having lived mostly in large cities, both are pleased with the warm welcome they have received here and the many long-time and



new friends they see around town every day. They love tending their fruit and vegetable gardens and hobby vineyard, and exploring the back

roads and interesting destinations in all directions. Prior to retirement, Kay served as an attorney for the California Court of Appeal in San Francisco, litigated worker safety and health issues for Cal/OSHA, and represented indigent clients as a

Deputy State Public Defender. After retiring from full-time work, Kay volunteered as an attorney for seniors facing elder law issues. Kay also has a teaching background and was drawn to AAUW's mission to promote educational opportunity and equity for girls and women. She loves to read and has been in the same book club for 25 years. She looks forward to helping with the Historic Homes Tour and learning more about her new environment.

You may have met **Lisa Michaels** at the monthly meeting of the Thursday afternoon book club or at the first monthly meeting of AAUW held at the high school library. If you did, you undoubtedly found her passionate about her work as a writer, an avid history buff, and in anticipation of her upcoming



book about the Mathesons of Healdsburg. Her previous work includes her memoir, *Split: A Counterculture Childhood*, a *New York*

Times Notable Book of the Year. Her first novel, *Grand Ambition*, was named a *Los Angeles Times* Best Book, one of the Booklist's top ten first novels of 2001, and was nominated for a Bay Area Book Reviewers Association award in fiction. Lisa has also written for a number of magazines such as *Conde Nast Traveler* and the *New York Times Book Review*. A number of our Healdsburg AAUW members first met her at the recent gathering of the Santa Rosa and Healdsburg chapters' local authors' gathering. Lisa lives in Healdsburg with her husband and twin sons.

Our best wishes to Barbara Epstein and Carol Hazlett on their recoveries.



The *Grapevine* is published online each month, except in July and August. Mailed subscriptions are available for \$20 per year. Please submit articles, announcements, and photographs by the 15th of the month for the following month to the *Grapevine*, Editor, Deana Fusco, deana.fusco@sbcglobal.net.