

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

Lewis County Branch

November 2024

BRANCH MEETING INFORMATION

Thursday, November 7, 2024
Social time: 6:30 p.m.
Program begins: 7:00 p.m.

In Person

Fellowship Hall
Westminster Presbyterian Church
128 NW Prindle St, Chehalis.

The Hall is located in the lower level of Westminster. As you approach the church from Prindle Street, not from the chapel's main doors on Market, you will see a set of double doors. The Fellowship Hall is to the left as you enter those double doors.

Online

[Zoom Meeting Link](#)

Meeting ID: 843 7003 3864
Passcode: 515176

Hostesses: Barb Charest, Donna LaLond, Lynn Rash

BRANCH PROGRAM

Bird Conservation in Washington State

Allison Anholt, daughter of member Marcy Anholt, will be our speaker for the November branch meeting. She is currently the lead biologist for nongame water and shore birds with Washington Department of Fish and Wildlife and is responsible for assessing the conservation status of these birds, developing and implementing conservation actions to recover threatened populations. She has a broad spectrum of experience with coastal bird populations in many parts of the country. Allison has worked in the Gulf of Mexico after the BP oil spill, in the Aleutian Islands, even in Arctic Canada with various groups and governmental agencies in recover bird populations. Her educational background is also diverse, beginning with a B.S. in Law and Policy from The College of New Jersey. Her master's degree is in Ecology from Rutgers University, and she is currently writing her dissertation for a PhD from the University of New Brunswick. She will speak to us about the statewide efforts to recover and maintain water and shore birds here in Washington State. We hope everyone will join us at Westminster Presbyterian Church at 7 p.m. on November 7th for what promises to be a very interesting presentation.



Book Sale

The 2025 book sale dates have been set for March 27-29 at the Moose Lodge in Centralia. In early November, we'll be moving the 200+ boxes of books that have accumulated since the last sale to St. Johns Lutheran Church and starting occasionally work days to sort them. If you are interested in helping with the book sale and have not received an email about moving the books, then please let Donna Loucks know so that she can put you on the list of book sale workers. Donations are welcome at any time, so if you or someone you know has books to donate, contact Betty Garrett.

General Business Zoom Meeting

Wednesday, November 20 - 7:00 p.m.

The General Business Meeting will allow discussion for agenda items for the branch, rather than taking time at the Program meeting. All members are encouraged to attend.

Send suggested agenda items to President Laura Hewett prior to Saturday, November 16.



Congratulations and Heartfelt Thank You to All!

October skies often bring blustery days and Saturday, October 19, 2024, was no exception. In spite of the weather, 186 girls and young women attended the 29th **Expanding Your Horizons** conference. In tow were parents, chaperones, and bus drivers from both large and small, very rural schools in Lewis and lower Thurston Counties.

Many popular and long-time presenters made the day special for both new and returning students. We also had new presentations and hands-on activities such as, turning an old LP record into a piece of art, using virtual reality to explore climate energy with head-sets, learning the clinical side of death with a deputy coroner, and how a vet might suture your pet's injury.

During and after the event, we received many compliments on the event from attendees, parents, presenters, and other participants. We know many of the attendees will be back with us again next year and will sign up for different workshops based on experiences shared by their friends.

Many heartfelt thanks for all the hard work and efforts of our AAUW committee chairs and their committee members. Many put in long hours, extra time, and huge efforts to make this event a success. Committee chairs are: Judy Bell, Adele Woodward, Cathy Cavness, MJ Marsh, Peggy Hammer, Kathy Halsan, Maryann Goree, Laura Hewett, Carol Kostanich, Donna La Lond, Jan Leth, Kristi Nelson, Sharon Wunningham, Sharon Lyons, and Renae Seegmiller. All of you did a fabulous job. Be sure to share our kudos with all your volunteers! All of you a well-deserved "pat on the back."

In the 29th year of Expanding Your Horizons, we can be very proud of our partnership with the Centralia College, TRIO Program. We provide a valuable service to girls and young women in our school district areas which fits into our mission statement "advancing equity for girls through advocacy, education, and research.

SCHOLARSHIPS

Nancy Kruger, Chair



Women Supporting Women Scholarships is a non-profit corporation dedicated to the support of Lewis County women in their pursuit of higher education. Women students who have graduated from a Lewis County high school or Rochester High School or who have been residents of Lewis County or Rochester for at least two years are eligible to apply. The scholarships can be used at accredited colleges, universities, as well as online programs, and technical/trade schools.

Lewis County AAUW, through its fundraising events, is our largest supporter, but we welcome donations of any amount from individuals as well. Last year, because of your generous support, we were able to award six \$1500 scholarships to accomplished young women working on their undergraduate degrees. If you know someone who might be interested in applying for a scholarship for the 2025-2026 academic year, please let them know that applications can be requested by email at WSWScholarships@gmail.com starting November 1st. Completed applications must be returned by February 15, 2025.

Many people make charitable contributions before the end of the year for personal or tax reasons. If you are one of these people, please consider donating to WSWS this year. When you do, you are not only donating, but you are also making an investment in the future of a local woman and our community. Thank you for your support! Make check payable to: Women Supporting Women Scholarships. Mail to Donna Loucks, Treasurer, PO Box 244, Chehalis, WA 98532.

SHARING & CARING

Jo Martens

It is with sympathy that we share Ann Tuning lost her husband, Jim, on October 22, 2024.

From November, by Alice Cary:
*The leaves and fading and falling,
The winds are rough and wild,
The birds have ceased their calling....*

Ah, November is here. Time to bundle up, turn on the lights a little earlier, maybe light a fire in the evening. This is the time when we turn to each other for comfort and company. We hope the birthday ladies this month have warm celebrations with family and friends:

Penny Abnet 11/4
Cathy Cavness 11/7
Tami Nordin 11/7
Nancy Kruger 11/11
Ine-Marie van Dam 11/ 25

For those who need our thoughts of support or for events we would like to make note of and celebrate, please contact Jo Martens.

MEMBERSHIP

Please join us for coffee/tea and good conversation on Saturday, November 16, 1:00-2ish, at Mint City Coffee Roaster, 539 N Market Blvd. Chehalis, 98532. We always have a great time meeting new members and catching up with one another! Questions? Call or email Kathy Halsan or Cathy Cavness.

This month we are welcoming our new member Carrie Johnson, who was also our featured speaker at our branch meeting in October. Please give Carrie a call, invite her to your interest groups, and introduce yourself at the next meeting.

Kathy Halsan
Cathy Cavness
Membership co-chairs



Tiffani Cummings

2024 Sandy Godsey Memorial Scholarship Winner

2009 Graduate from Mossyrock High School

College Enrollment Centralia College 2019 to 2021

Major: Health Science

Tiffani started off working as a CNA and “fell in love with caring for others”. She has already graduated from a Medical Assistant program. She is married and has 2 small children.

Prior to receipt of the scholarship, she had been attending South Puget Sound Community College and intends to continue there to receive a bachelor’s in health science and to become a Physician’s Assistant after graduation.

Latest word from her is that she is working on her A and P class and Psychology 200 and thoroughly enjoying her classes. She works a full-time job at Washington Orthopedics. Her free time is spent with her husband and her children and their many activities.

Let’s give her a round of applause as we all know how difficult it can be managing a full-time job and raising children. College on top of this and she has got a lot on her shoulders.



INTEREST GROUPS

MOVERS AND SHAKERS

Join us on Monday, November 18, 6:30-7:30, to discuss the most recent election and the effects on women in the nation. We will hear from Kathy Halsan and others who have attended the Timberland Regional Library Trustee meetings. Members attending the November TRL Trustee Board meeting on zoom are Kathy Tennyson, Bonnie Blake, Muriel Tosh, and Jeanne Nygard. All members are encouraged to attend any of the meetings. For the meeting zoom link go to TRL website, Trustee Meetings tab. The link will be available the week of the meeting. All meetings are held on the last Wednesday of the month.

We will have an opportunity to continue our support of Hope Alliance at the November 7 meeting. The Giving Box will be available, gift cards from Safeway in any denomination for survivors of domestic and sexual violence are appreciated, as well as cash or checks made out to Hope Alliance.

Kathy Tennyson
Kathy Halsan
Cathy Cavness

ART GROUP

Bonnie Blake

There will be no Art Group in November as everyone will probably be busy during Thanksgiving.

TRAVEL GROUP

Donna Loucks

AAUW Travel Group will not meet in November or December.



CINEMA CHICKS

Nancy Kruger

Cinema Chicks will meet next on Tuesday, November 12th, at 1:00 at the home of Renae Seegmiller to view the film *Will and Harper*. Writer Harper Steele, formerly Andrew Steele, and comedian Will Farrell, worked together at Saturday Night Live for many years. During the pandemic, Steele shared with a few friends that he was transitioning to live as a woman. This documentary explores the complexities of transgender issues as the two friends travel through the heartland of the U.S. on a seventeen day road trip. Adele Woodward will lead the discussion following the viewing. All are invited but please let Renae know if you plan to attend.



EARLY MORNING DISCUSSION GROUP

JAZZ Music – From its Beginnings

Norma Green

EMD will meet November 14, 8:30 a.m. on Zoom. JAZZ is our Music topic for this month. JAZZ is recognized as a major form of musical expression in both traditional and popular music. Its roots are in blues, ragtime, European harmony, and African rhythmic rituals. In America, it originated within African American communities in New Orleans in the 1920's. For our discussions, several volunteers will be needed to each present visual and verbal information about a JAZZ music performer or group and style – traditional or modern. It is helpful to include a sample of the music -- YouTube or another source. Questions and discussion will follow each presentation.

For information, check out the origin of jazz music in America with an internet search and, as always, Wikipedia. After you select a Jazz music topic to present, please respond to the group email. All interested AAUW members are welcome to join us, to make a presentation, to join the discussion, and/or to simply listen. For any questions, or to be added to the email list, contact Norma Green.



MILES AND SMILES

Laura Hewett

Our last walk for October was held on the 23rd at Discovery Park north of Centralia. This year we were able to visit some new trails including the Evergreen Beach Trail, Seminary Hill, and Seaquest State Park in Cowlitz County. We will complete 2024's hikes on November 13 by traveling south to Castle Rock Riverfront Trail in Cowlitz County. This walk borders the Cowlitz River and allows us to stop after the walk at The Vault in Castle Rock for a hot drink, a treat and a discussion for next year's hikes. We will take a break after the November walk for the busy holiday festivities in late November and Christmas and will resume in January. Please contact Laura Hewett for questions and to be added to the Miles & Smiles email list.



RAVENOUS READERS

Nancy Leventon

The November meeting of The Ravenous Readers will be on Tuesday, November 19, at the home of Jan Snider. You can arrive any time after 6:30 pm. Discussion will begin at 7 pm. The book for November is *The Women*, by Kristin Hannah. If you will be attending in-person, please let Jan know. If you wish to attend via Zoom, please let Jo Martens know. It is important that we know how many will be attending and how.

About November's Book: "Women can be heroes. When twenty-year-old nursing student Frances 'Frankie' McGrath hears these unexpected words, it is a revelation. Raised on idyllic Coronado Island and sheltered by her conservative parents, she has always prided herself on doing the right thing, being a good girl. But in 1965 the world is changing, and she suddenly imagines a different choice for her life. When her brother ships out to serve in Vietnam, she impulsively 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, as well as the unexpected trauma of coming home to a changed and politically divided America."

Planning Ahead: We will not be meeting in the month of December. Our January book will be *Shakespeare: The Man Who Pays the Rent* by Judi Dench/Brendan OHea.

PAGES & BEANS

Corene Jones-Litteer

Pages & Beans will meet November 15 at 2:00 p.m. at the Vernetta Smith Chehalis Timberland Library, in the small meeting room. We will discuss *Knife: Meditations After An Attempted Murder* by Salman Rushdie. Barbara Selis will lead the discussion. Rushdie gives a searing account of enduring an attempt on his life. He reminds us of the power of words to make sense of the unthinkable.

Please join us. This is a hybrid meeting. Please let Renae Seegmiller know if you will be attending remotely.

Looking ahead, in January, we will discuss *What Happened to You* by Bruce Perry and Oprah Winfrey. The authors share stories and discuss the impact of trauma and adversity and how healing must begin with asking "What happened to you?" rather than "What's wrong with you?"



Lewis County AAUW General Meeting October 3, 2024

The meeting was opened by President Laura Hewett at 6:55 pm. Laura read the mission statement. New member Pat Campbell was introduced.

Jo Martens introduced the evening's speaker Carrie Johnson. Carrie spoke to the idea that "Everybody can exercise!" She explained that exercise increases our endorphins and that *anything* you can do to *move* is beneficial to our body and mind. Carrie keyed in on three areas of focus for exercising: Cardiorespiratory Endurance, Muscle Strengthening and Flexibility. She emphasized the importance of increasing your heart rate through cardio routines 3-5 times a week for 20-60 minutes a day. Strength training increases bone density for stronger bones and greater muscle mass, helps prevent disease and increases our energy and mood. Flexibility increases our ability to move with ease and reduce tight muscles, as well as maintaining a full range of motion. Carrie took us through some simple exercise routines we could do at home. Carrie encouraged us to continuously challenge our body, asking the question, "What's one thing you can do every day with regularity that would increase your strength?"

Corene Jones-Litteer made several announcements concerning EYH. A sign-up sheet was circulating for those who can provide homemade cookies for the luncheon. Volunteers for the sessions are still needed. On Thursday, October 17th, helpers are needed to assemble materials for the girls. Set up time will be on Friday, October 18th at 10 am. Committee chair people were reminded to save receipts to be turned in to Donna Loucks for reimbursement.

Natalie Vedder spoke about having a raffle at each branch meeting. In November the table runner made by Corene Jones-Litteer for the Evening with Authors raffle, but was still available will be raffled off. Following months will be gift cards. Members are encouraged to bring some money for each month's raffle. Proceeds will go to Hope Alliance.

Cathy Halsan described ways in which members can support Hope Alliance including having a donation box at the November meeting in which money or gift cards can be left and donating cleaned up discarded cell phones.

Wendy Tripp announced that this year's holiday dinner will be held at the Seventh Day Adventist Church on December 12th. This will be a catered dinner. Entertainment will possibly be performers from the dance center. More details will be coming.

Nancy Kruger reminded us that this year we gave out seven scholarships in the amount of \$1,500 each. Wendy Tripp explained how a member could give a Legacy Gift for a scholarship.

Donna Loucks asked for a vote on next year's budget. It passed by voice vote.

Jo Martens asked whether the group wanted to present "Authors' Night" again next year. A voice vote passed to do so.

Cathy Cavness asked for two volunteers to attend a Zoom meeting of the Timberland Board in October. Anyone interested was to let Cathy know.

Laura thanked the hostesses for the evening: Carol Kostanich, Natalie Vedder, and Sharon Winningham.

The meeting was adjourned at 8:30 pm.

Respectfully submitted,
Sharon Winningham

BRANCH WEB PAGE and FACEBOOK

- ✚ Please check out our [BRANCH WEB page](#) for more information about our branch.
- ✚ The password for the [MEMBERS ONLY page](#) is in the directory. There you will be able to find past newsletters, videos of the Zoom programs, the handbook, recipes and other interesting resources. Consider bookmarking this page for quick access to branch information.
- ✚ Be sure to follow and share our [Facebook page](#) and our [Instagram page](#). Contact Peggy Hammer with information for social media postings.

CALENDAR

Monday, November 4 – 10:00 amJava Break
 Thursday, November 7 – 7:00 pmBranch Program
 Tuesday, November 12 – 1:00 pm.....Cinema Chicks
 Wednesday, November 13 – 9:00 am.....Miles & Smiles
 Thursday, November 14 – 8:30 am.....Early Morning Discussion
 Friday, November 15 – 2:00 pm.....Pages & Beans
 Saturday, November 16 – 1:00 p.m.Member Get Together
 Monday, November 18 – 10:00 amJava Break
 Monday, November 18 – 3:00 pmMovers & Shakers
 Tuesday, November 19 – 7:00 pm.....Ravenous Readers
 Wednesday, November 20 – 7:00 pmGeneral Business Meeting
 Thursday, November 21.....December Newsletter Deadline
 March 21 to 23, 2025BOOK SALE

OFFICERS 2024-2025

President	Laura Hewett
President Elect	Viki Draper
Program Vice-Presidents:	Kelley Stanley & Wendy Tripp
Program Committee:	Cathy Cavness, Marilyn Chintella, Norma Green, Jo Martens
Membership Vice-Presidents:	Cathy Cavness & Kathy Halsan
Secretary:	Robin Warren, Sharon Winningham
Treasurer:	Donna Loucks
Historian:	Judy Scheer
Book Sale:	Donna Loucks
Expanding Your Horizons:	Corene Jones-Litteer & Swede Svenson
Scholarship Board of Directors:	Nancy Kruger, President Viki Draper, Mary Ann Gowing, Carol Kostanich, Wendy Tripp, Robin Warren, Adele Woodward
Directory Editors:	Nancy Leventon & Jeanne Nygard
Communication Editors:	Rena Seegmiller & Laura Hewett
Hostess Coordinator:	Mary Dahlstrom
Sunshine Chair:	Jo Martens