

THE SPOKESWOMAN



November 2008

Vol 45, No. 5



Join Us for the AAUW Davis Annual Legal Advocacy Fund Event

When? Saturday, November 8

Where? Ding How Restaurant, 640 W Covell Blvd in Davis

What is the cost? \$15 per person; please bring cash, as the restaurant does not accept checks

Featured speaker: Charlotte Newhart, AAUW California Legislative Advocate

Charlotte Newhart has been a lobbyist for over 30 years specializing in women's & children's issues. Her clients include AAUW CA, CA Foundation for Independent Living Centers, CA National Organization for Women (CA NOW), MCAH Action (Directors of Maternal, Child & Adolescent Health in the Counties). She works in a number of arenas in which public policy is made in CA: Legislation, CA Budget, CA Regulations, and CA Administrative Branch. Examples of subject areas of involvement over the years include family planning for all, wage equity, environmental issues & women's health, health insurance availability for all, education financing reform, and Title IX.

Find out what's on the horizon for legislation on gender issues! What you don't know might hurt you! (Have you seen any ingredients in your cosmetics lately?)

Please RSVP by **Nov 6** to: Parto Aram (750.2556 or parto@sbcglobal.net) or Eleanor Lake (756.4179 or eleanorlake@sbcglobal.net)

We will "pass the hat" for the AAUW Davis Branch LAF fund. Save a stamp and bring your annual contribution with you!

Celebrate the 19th of November

Join us for dinner and a movie on November 19, which is a Wednesday night this month. We will gather at Thai Nakorn restaurant, 424 G St. next to the Regal Cinema movie theatre, at 5:30 pm. At press time, we were unable to choose a movie, since the theatre does not make their schedule public until the Tuesday prior. We hope to be able to choose a movie showing in the 7 pm range.

Calendar of Upcoming Events Davis Branch AAUW November 2008

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Saturday, November 8  
**Luncheon**

**With Guest Speaker  
Charlotte Newhart**  
noon

Ding How Restaurant  
640 W Covell Blvd, Davis  
*See article at left*

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Wednesday, November 12
**Membership Tabling &
Dinner Out
aka Picnic in the Park
at the Davis Farmers'
Market**

5:30 PM
Community Park, Davis
(Between B & C St, and 3rd
and Russell)

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Wednesday, November 19  
*(In commemoration  
of the 19th Amendment  
on the 19th of the month)*

**Celebrate the 19th**  
5:30 pm

Thai Nakorn, 424 G St,  
Davis  
*See accompanying article*

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Thursday, November 20
**Meeting of Board
& Officers**

7:15 PM
At the home of
Rhonda Reed
320 I St, Davis

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Tuesday, November 25  
**Book Group**

noon  
At the home of  
Betty Jane Polk  
39861 Barry Rd, Davis

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President's Message



Rhonda Reed
President, AAUW Davis
2008-2009

Although Dr. Emmons' presentation in October suggested that we should conduct a daily gratefulness inventory every day, I particularly like to focus on the month of November to reflect and be thankful for the many blessings that have come to us. I am thankful for the great friendship and camaraderie that we have among our Branch members and that I experienced in the various AAUW events in October. The Sahaya Hope Walk made me aware of how our small contributions can make huge differences for children and women in other parts of the world. I am thankful that as American women we can be an example for women and communities around the world that empowered women make for a better society. I am thankful that our members contribute and raise funds to empower women through education. And I am thankful for our members who contribute their efforts to our community actions like Speech Trek and raising our AAUW profile in Davis. I am thankful for the opportunity to serve this Branch of committed, intelligent women and men.

In November we will also be gifted with the opportunity to hear Charlotte Newhart, our AAUW lobbyist in California, talk to us about key issues that are in front of our Legislature that affect women's lives. She's there working for our issues – election or not! So come on November 8th and get the real scoop. Watch your mail for our annual EF-LAF fund drive, and if you know of a high school student who likes to talk, encourage them to sign up for Speech Trek. Application materials are on our website and applications are due December 15.

Thank you for your support of our Branch!

—Rhonda Reed

American Association of University Women Mission Statement:

AAUW advances equity for all women and girls through advocacy, education and research.

California AAUW Vision Statement:

AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy and measurable change in critical areas impacting the lives of women and girls

AAUW's Value Promise:

By joining AAUW, we belong to a community that breaks through educational and economic barriers so that all women have a fair chance.

Dr. Emmons' Gratitude Presentation Report by Juliana Wells

Nineteen AAUW members and 8 non-members enjoyed a well-served luncheon of Cobb Salad, rolls and pie at Baker's Square on Saturday, October 25. The group enjoyed socializing before and during the meal. President Rhonda Reed welcomed all. She announced November 8 as the LAF fundraiser with speaker Charlotte Newhart. On March 21, 2009, the EF luncheon will take place and will include a silent auction. She asked Marj Sorenson (Program VP) to introduce our speaker, Dr. Robert Emmons.

Dr. Emmons is a professor in Psychology at UCD, and has many articles published in magazines as well as writing several books. He has studied what differences gratitude has made in people's lives.

He explained his interest in focusing on positive psychology, (hope, happiness and gratitude) as opposed to the study of negative psychology (depression, despair, and disappointment).

From the audience he solicited our feelings when we say thank you: love, warmth, connectedness and happiness. Gratitude is a quality that makes life better. Dr. Emmons then briefly explained his research and findings, part of which is that speaking/writing about instances of gratitude can improve your sleep, your outlook, your enthusiasm and your appreciation of nature. Realizing times and persons you are grateful for can help you feel connected to others. People also may have fewer physical aches and pains. These positive changes then reflect out to others.

Con't on following page

Gratitude presentation, con't

In his handout, Dr. Emmons suggests guidelines for examining your examples of gratitude. He gives you an inventory you can use. People expressed **their** gratitude to Marj and to Dr. Emmons for this uplifting program.

Book Group News

Kabul Beauty School by Deborah Rodriguez is the book our group is reading in November. This book was suggested by Eleanor Lake; read it and learn more about women living in Kabul. (Also please note our public library has this book.) Please come! Our book group needs more participants. This month we will meet on the 4th Tuesday, November 25, noon, at Betty Jane Polk's, 39861 Barry Road. Call for directions (758-5517) and to reserve a spot. Bring a sandwich and there will be drinks and sweets.

AAUW Davis branch at
Hope Walks fundraiser
October 19, 2008

Left to right: AAUW
members Barbara
Bower and Rhonda
Reed; Davis Mayor
Ruth Asmundson;
AAUW member
Chithra Lakshmanan;
event organizer and
Director of Sahaya Int'l
Koen Rampay



- Look Forward to These Events
In the Upcoming Months:
- December--Holiday Party
 - January 2009--Speech Trek presentation
 - February--Film Festival at UCD
 - March 21 (confirmed)--EF Luncheon & Silent Auction (organized by IBC)
 - April--AAUW Annual meeting
 - May--author Liberty Kovacs (TBD)
 - June--Installation of Board & Officers
 - July--BBQ (Juliana & Char's home)



AMERICAN
ASSOCIATION OF
UNIVERSITY
WOMEN

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AAUW Davis Branch Officers

fiscal year July 2008-June 2009

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Newsletter patrons 2008-2009:

Jan Bridge, Adam Bridge, Doris Hass, Bett
Marriott, Shirley Rolewicz, Pat Yokom, Juliana
Wells, Karen Manelis, Dorothy Brazelton,
Debbie Nichols Poulos, Rhonda Reed, Gail
Johnson



Update Your Roster

New member:

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