

# THE SPOKES-WOMAN



October 2008

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## Join Us for Our October Program

On **October 25, 2008** at **11 AM** all are invited to a luncheon with a guest speaker, Dr. Robert Emmons. The subject of his talk will be “Gratitude”—a scientifically eloquent look at how we benefit psychologically, physically and interpersonally when we practice gratitude. He will point out that:

- People who regularly practice grateful thinking can increase their “set-point” for happiness by as much as 25 percent
- Such increases can be sustained over a period of months, challenging the previously held notion that our “set-point” is frozen at birth
- Keeping a gratitude journal for as little as three weeks can result in better sleep and more energy.

Dr. Emmons is a professor at UC Davis and one of the leading scholars in the positive-psychology movement; he is also editor in chief of the *Journal of Positive Psychology*. His work on gratitude has been featured in the Washington Post, the New York Times, Time, Newsweek, and other mainstream media. He’s also recently published a book—“Thanks”—which would make a nice gift.

**The luncheon will be held at Baker’s Square** restaurant, at the northwest corner of the intersection of 2<sup>nd</sup> and B St in downtown Davis. The restaurant has its own parking. **The cost is \$20** and open to guests and members. Please make a reservation with Marjorie Sorenson (758-4164) no later than **Wednesday October 23**.

## Celebrate the 19th of October in a Special Way

The AAUW Davis branch has planned a get-together for our members to congregate as a team to have a picnic and walk at Arroyo Park in West Davis on Sunday, Oct, 19 from 2:00 to 3:30 PM.

The occasion is to participate in **Hope Walks** sponsored by Sahaya International, a non-profit organization based in Davis which consists of a diverse network of friends who are committed to making a difference towards improving the quality of life of women and children afflicted by HIV/AIDS.

**Hope Walks** is a yearly event in Davis: the objective of the event is to support programs (awareness, counseling & testing, social support, positive network, & orphan sponsorship) for HIV/AIDS victims (women & children) in South India. *Can’t on next page*

### Calendar of Upcoming Events Davis Branch AAUW October 2008

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Wednesday, October 8  
**Membership Tabling &  
Dinner Out**  
**aka Picnic in the Park**  
**at the Davis Farmers’  
Market**  
5:30 PM  
Community Park, Davis  
(Between B & C Sts, and 3rd  
and Russell)

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Thursday, October 16  
**Meeting of Board  
& Officers**  
7:15 PM  
At the home of  
Rhonda Reed  
320 I St, Davis

~~~~~  
Sunday, October 19  
*(In commemoration  
of the 19th Amend-ment  
on the 19th of the month)*  
**Celebrate the 19th**  
2:00-3:30 PM  
Members participate in  
Hope Walks, at Arroyo Park  
In West Davis  
*See accompanying article*

~~~~~  
Tuesday, October 21  
**Book Group**  
11 AM  
At the home of  
Dorothy Brazelton  
1506 Willow Lane, Davis

~~~~~  
Saturday, October 25  
**Luncheon**  
**With Guest Speaker**  
**Dr. Robert Emmons**  
11 AM  
Baker’s Square Restaurant  
2nd & B, Davis  
*See article at left*

# President's Message



*Rhonda Reed*  
President, AAUW Davis  
2008-2009

This month, as we rev up into our active program for 2008-09, UC Davis is revving up their Centennial celebration. Yes, Davisville did exist before the University came to town, but what our community is today has clearly been shaped by this learning institution. And, AAUW has, and continues to shape the face of the University. In recent years AAUW's Legal Advocacy Fund (LAF) has provided financial and moral support to faculty and students subjected to acts of gender discrimination. Your contributions to LAF made this possible. On a more positive note, AAUW's EF scholarships have funded many promising young women scholars at UCD, some of whom you may have met at one of our annual EF luncheons. Again, your contributions to EF made this possible.

Recently Barbara Bower and I were invited to the Chancellor's Residence to a dinner commemorating the important relationship between the University and the Davis community. I was very proud when Dr. Jesse Ann Owens, Dean of Letters & Sciences, complimented AAUW for the wonder-

ful scholarships that EF gives.

These are your funds at work, making the world more equitable for women and girls right on our back yard. I hope that you will reflect on these benefits to women, both nationally and locally later this month when our annual EF/LAF appeal letter comes to your mailbox. Many thanks.

Equitably yours,

*—Rhonda Reed*

## Book Group News

AAUW Davis branch's newly forming book group has extended its discussion of Mountains Beyond Mountains by Tracy Kidder. The next meeting will be at Dorothy Brazelton's house in Davis, 1506 Willow Lane. The date is Tuesday, October 21 and the time is 11 AM. Bring a sandwich for lunch; the hostess will provide drinks and dessert. We are looking for more members, so please come!

### **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.

***Celebrate the 19th, con't AS AN AAUW TEAM MEMBER FOR THE EVENT, A DONATION OF \$10 IS REQUESTED.***

All proceeds will be used to help many orphans and needy children.

The AAUW Davis branch is connecting the **Hope Walks** event this year on October 19<sup>th</sup> as part of our project program towards AAUW (National) partnership of "One Shared World" which is a campaign to raise awareness of global poverty and make it a vital part of the American dialogue--especially among women.

In the 2007 **Hope Walks** event, Davisites (particularly children) got the opportunity to do something concrete towards the cause. They walked, sang, ate snacks, drank lemonade, played games and listened to professionals talk about their hope for an AIDS-free future. An approximate amount of \$ 9400 was raised for the basic needs of HIV orphans which will make a huge difference in the lives of these children.

***Please come and join us at ARROYO PARK on Sunday October 19<sup>th</sup> 2:00 to 3:30 PM and let us together as a team to make a difference and provide hope to orphans and vulnerable children in South India.***

***For more details of HOPE WALKS please visit the Website : [www: hopewalks.org](http://www.hopewalks.org)***



President Rhonda Reed and newsletter editor Barbara Bower with UCD Chancellor Larry Vanderhoef, Sept. 25, 2008

### Your Artwork Could Be On Display!!!

What? You say you aren't artistic? No problem. The UCD Art/Science Fusion team is encouraging community members to come to workshops this fall to learn how and to create ceramic tiles of Oaks for a ceramic mosaic that will be exhibited near the Shields Oak Grove of the UCD Arboretum. The workshops are held on certain Tuesday evenings from 6-9 pm this fall. If you would like to come to a workshop with other AAUW members on either Oct 28 or Nov 5 please contact Rhonda so she can make reservations for our group.

## Report on September 13<sup>th</sup> Program

By Chithra Lakshmanan

The AAUW Davis branch on September 13 sponsored the program "Clear Your Clutter" by professional consultant Claudia Smith at the Blanchard Room in the Davis Public Library. There were 40 participants comprised of AAUW members and Davis community members.

After a brief introduction speech by our program VP Chithra Lakshmanan, Claudia Smith requested us to form discussion groups and note down our concerns of "clutter in our lives." The groups had a spirited and fun session, after which Claudia took over to help "Calm the Chaos."

She gave a solution with **3 TIPS: REDUCE, ORGANIZE, and MAINTAIN**

**REDUCE:** Clarify how you value an item currently. Monetary, Aesthetic, Practical, or Sentimental (MAPS).

- Rid your home of what you do not currently value.
- Monetary Value: Cash in hand down, or protect and keep
- Aesthetic Value: Display it with intention
- Sentimental Value: Protect and store safely

**ORGANIZE:**

- Place items in your home or office with intention. Your mess will guide you to the areas that have not been given enough forethought.
- Everything must have a home, and nothing else may go in its home. At a minimum, group like items together. *Con't*

*September 13 program report con't*

- Label as much as aesthetically comfortable.
- Things may not always be returned immediately but keep that spot open!
- Be honest with yourself about frequency of use. Then decide where to store them and in what containers.

**MAINTAIN:** Remember “Clutter is postponed decisions. So, don’t procrastinate procrastinating!”

- You must schedule into your day home/office organizing just like exercise or an outside appointment.
- Remember the 60 second rule
- Keep a bag in a closet to fill slowly throughout the month to donate.
- Limit creating TO DO lists. Instead, actually schedule the chore on your calendar. Re-schedule if not completed.
- Do the end of the day sweep! Quickly go thru and return things to their assigned home.
- Factor in the follow thru: When going shopping, plan for putting the items away. When running the laundry, plan for folding and putting away. When opening the mail, plan to deal with what you receive. Time commitments can be the same as clutter. Assess how you value them.

*The presentation was followed by a Q&A session. Snacks and soft drinks contributed by AAUW members were served and every one enjoyed socializing with friends and colleagues. It was an educational and fun event and all of us realized that it is “about time” to manage one’s time and space in creative new ways .*

## Speech Trek

AAUW Davis Branch announces the Speech Trek competition to be held in the January/February of 2009. The Theme of the competition will be “*Gender Equity in Education*”.

The preliminary organizational meeting was held at Chithra Lakshmanan’s home on September 17, 2008. The meeting was attended by: Rhonda Reed, Chithra Lakshmanan, Barbara Bower, Harwant Khush, and by Marjorie Sorenson. Harwant Khush was nominated as the chairperson of the Speech Trek committee.

Rhonda Reed announced that the next competition is open to students for grades 9-12 (previous years it was only for the grade 11 and 12 students). The members suggested that the prize money should also be increased from last year’s. For the next Speech Trek competition the first place winner will receive \$200, second place winner will receive \$150, and the third place winner shall receive the amount of \$100.00. This change in the prize money was approved by the Board Members of AAUW in their monthly meeting on September 18, 2008.

Please contact Harwant if you can help her in planning, visiting schools to promote and inform authorities, and in getting the materials ready for the competition. She can be contacted at: telephone number (530)-750-2440 and e-mail address: harwant@khush.org

### Report on the Celebrate the 19<sup>th</sup>

By Juliana Wells

Celebrate the 19<sup>th</sup> has been a great success. Members and friends have enjoyed getting together to talk and eat. The French theme at Deborah Lorraine’s brought out members’ creativity with French wines, cheeses, and even French toast. The green theme at Dorothy Brazelton’s produced green jello, mints, green Gatorade and salad greens. Participating were Nan, Rhonda, Gail, Onida, Linda, Dorothy, Dacha, Chithra, Irene, Juliana, Barbara, Mariana, Doris, Roberta, Marjorie and new member Amy Champ (in our roster under the last name of Spinetta). Thanks to both hostesses for August and September.

# Report on the Celebrate the 19<sup>th</sup>, con't

By Juliana Wells

The month of October will be different—rather than a get-together at a member's home, we will picnic at Arroyo Park at 2 PM and participate in a fundraiser.

## News from Amador AAUW: BeadforLife Program

Amador Branch of AAUW is bringing back the very popular BeadForLife program and jewelry made by Ugandan women on Thursday, November 6, 2008 from 3 to 6 p.m. at the Sutter Creek Community Center, 33 Church Street, Sutter Creek.

BeadforLife (BFL) is a socially responsible global organization, working with HIV-positive mothers and refugees from a brutal civil war in Northern Uganda, all of whom are living on less than \$1 a day in extreme poverty. They are able to lift their families out of poverty with their handmade, high-quality beaded jewelry. This program has been featured on NBC Nightly News, in O Magazine, Vanity Fair, Family Circle, Business Week and other publications.

Last year's event was a sell-out in less than two hours, so this year there is a greatly increased inventory. Information about BFL will be available, including biographies of the Ugandan beaders and a BeadForLife documentary DVD. Learn more about the women who make these beads and how BeadForLife improves their lives and communities.

Necklaces, bracelets, earrings, jewelry bags, note cards, music CDs and loose beads will range from \$5 to \$30. Buy jewelry for yourself and for great Holiday gifts!

More information about BeadForLife is found at [www.beadforlife.org](http://www.beadforlife.org). For more information about this event contact Sue Harrington at 209-296-1594 or [susanlh@volcano.net](mailto:susanlh@volcano.net).

### Look Forward to These Events In the Upcoming Months:

**October 25--Presentation by Dr. Emmons on 'Gratitude'**

**November 15--Possible speaker, Charlotte Newhart**

**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)**

The December holiday party needs a host. Is this something you would like to consider? Please call or email one of the Program VP's: Chithra Lakshmanan or Marjorie Sorenson (email addresses and phone numbers on back page).

Let us help spread  
your news! Contact  
Barbara Bower at  
[bebower@ucdavis.edu](mailto:bebower@ucdavis.edu)



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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:

Judy Plank  
920 Cranbrook, #64  
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759-9448  
[jpcats@cal.net](mailto:jpcats@cal.net)

Correction:

Amy Spinetta is now Amy Champ  
PO Box 1343  
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209-418-5113  
[gaianaiaid@gmail.com](mailto:gaianaiaid@gmail.com)