

THE SPOKESWOMAN



September 2008

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Join Us for Our September Program

The AAUW Davis Branch is sponsoring a presentation on *Clear Your Clutter* by professional organizer Claudia Smith on **Saturday, September 13** from **4:00 pm to 6:00 pm** at the **Blanchard Room, Davis Public Library, 315 E.14th St.** This presentation is open to Davis Community members, students and staff of UCD.

Are you tired of feeling like your belongings are closing in on you? Do you lose things and have to buy duplicates? Do you attempt to organize your home or office but change your mind because it feels so overwhelming? If you answered 'yes' to any of these questions, this presentation is for you.

Professional organizer Claudia Smith of *Clear Your Clutter Consulting* will teach three simple steps to clear clutter, to organize, and manage your time. Do not miss this motivating and fun presentation!

Claudia Smith consults with individuals & businesses. She also offers support groups, classes and seminars. She has over 15 years experience as a social service professional and offers her clients an empathetic and confidential helping hand. Claudia is a member of the *National Association of Professional Organizers*. For over five years, Claudia has encouraged hundreds of Davisites to manage their time and space in creative new ways!

RSVP: Chithra Lakshmanan(530)759-9621 OR
Marjorie Sorenson (530) 758-4164

We appreciate a contribution of soft drinks or snacks towards the social hour before the commencement of the presentation

On October 25, 2008 at 11 am, Dr. Robert Emmons of the UCD Dept of Psychology faculty will speak at Baker's Square restaurant (at the corner of 2nd & B in downtown Davis). His topic will be the subject of gratitude and how it benefits us psychologically, physiologically, and interpersonally. Come join us!

Calendar of Upcoming Events Davis Branch AAUW September 2008

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Wednesday, September 10  
**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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Saturday, September 13
See article at left

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Wednesday, September 17  
**Meeting of Speech Trek  
Committee 2008-09**  
7 pm  
At the home of Chithra  
Lakshmanan  
1022 Ohlone St, Davis

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Friday, August 22
**Meeting of Board
& Officers**
7:15 pm
At the home of
Rhonda Reed
320 I St, Davis

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Tuesday, August 19  
*(In commemoration  
of the 19th Amend-ment  
on the 19th of the month)*  
**Celebrate the 19th**  
5:30 pm  
At the home of  
Dorothy Brazelton  
1506 Willow Lane, Davis

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Tuesday, September 23
Book Group
1 pm
At the home of
Betty Jane Polk
39861 Barry Rd, Davis

President's Message



Rhonda Reed
President, AAUW Davis
2008-2009

I was so inspired listening to the speechifying of the Democratic National Convention last month. The power of a well-spoken turn of phrase is truly amazing. It also is a critical skill for developing leaders. Long before they are so powerful as to hire speech writers, effective political candidates learn how to prepare, practice and deliver a speech, honing those skills until they find the chords that resonate with their audiences.

These speeches reminded me that AAUW California is seeking to help improve high school students' ability to make and deliver speeches through Speech Trek. This is a key step to building better future leaders, especially with an awareness of gender issues. Our Davis Board voted to support Speech Trek again this year, and the theme is "Gender Equity in Education". If you'd like to participate in this project to develop future leaders, please contact Chithra or myself and we can get you in-

involved. It's truly an inspiring process to be involved with and actually, not too much effort if you want to help this year. Please give us a call.

—Rhonda Reed

Celebrate the 19th in September

At Dorothy Brazelton's home at 1506 Willow Lane. (near the corner of Villanova and 14th, 3 blocks west of Anderson Road) from 5:30 pm to 7:30 pm.

Our theme is "GO GREEN"!! Some suggestions for food are: quiche with green veggies, guacamole, dips with greens, pistachio ice cream. There will be a prize for the best idea that saves our environment!!! Limeade will be available or bring a wine or soft drink to share.

Invite a friend & share a ride....there will be fun for all!!

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.

Book Group Organization Meeting

Come and join the book group of AAUW! The organization meeting will meet on Tuesday, September 23, 1 pm at Betty Jane Polk's. We will be making decisions about what we all want in this group. For this meeting may I suggest we read Mountains beyond Mountains by Tracy Kidder. This is the book the University and the City are reading this Fall. I live at 29861 Barry Road, north of the hospital--please phone for instructions. Please call me and let me know you are coming: Betty Jane Polk, 758-5517 or bjpolk@cal.net. Everyone is welcome even if you don't call ahead of time.

Claudia Smith
Clear Your Clutter Consulting
Calm the chaos!
(530)759-9274

Reduce, Organize, Maintain

Reduce:

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

Rid yourself of what you do not currently value.

Decide what to do with the items

- Monetary value: Cash in, hand down, or protect and keep.
- Aesthetic value: Display it with intention.
- Sentimental value: Protect and store safely.

Be sure the amount of anything you keep is in proportion to your physical space and the value it holds for you currently.

- Items of Practical value deserve the most prime locations.
i.e. Kitchen dishes or laptop computer.

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.
- 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. Group like items together, and then break those into smaller categories. (examples-socks or towels.)
- Then, and only then-decide where to store them and in what containers.

Containers: Decide if you need user friendly containers more than good looking ones. Remember one handed storage is most efficient and most utilized. Measure before you buy.

Maintain:

Remember, “Clutter is postponed decisions. So, procrastinate procrastinating!”

1. You must schedule into your day, home/office organizing just like exercise or an outside appointment.
Schedule routine “catch-up” days.

2. Remember the 60 second rule.

3. Keep a bag in a closet to fill slowly throughout the month to donate.

4. Limit creating TO DO lists. Instead, actually schedule the chore on your calendar. Re-schedule if not completed.

5. 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 the folding and putting away. When opening the mail, plan to deal with what you receive. (And that is an entire talk for another day!)

Time management:

Time commitments can be the same as clutter. Assess how you value them.

REDUCE-Constantly reassess and rid of those you no longer value.

ORGANIZE-Assign the “keepers” a home: Where in your day do you have time for this commitment?

MAINTAIN-What limits should you put on this commitment? Maintain it. Designate specific time to it and keep it in check. Schedule the work associated with it on your calendar. And, put nothing else in its spot.



AMERICAN
ASSOCIATION OF
UNIVERSITY
WOMEN

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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

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

- ◆ **October 25 (confirmed)--Presentation by Dr. Emmons on 'Gratitude'**
- ◆ **November--Possible group outing to a play or music program, TBD**
- ◆ **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 at left).