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Editor's Note . . .

Because all fall programs through the month of November will be held on Zoom, specific information pertaining to meetings or luncheons at the Gale Mansion has been omitted.

Program Topics

- The Arts
- Environment
- Education
- Fair Play
- Health
- Literary Pursuits
- Public Policy
- Science and Technology
- Women's Voices

Focus Days

- November 30: Culinary Insights
- March 29: Native Voices
- May 3: International Day: South Africa

Leadership Message From the President . . .

Welcome to the AAUW 2020-2021 year! This is indeed a year of change and firsts as we continue to adjust and improvise under new conditions. It is exciting to return to a full schedule even though we did not have the usual summer break as we rallied to remain connected and informed. Thank you to the Summer Program Committee of Lil Lindsey, chair, Bev Erickson, Jennifer Johnson, Karen Ringsrud, Carol Sheldon, and Nell Wegmann for their creative planning which kept us entertained as well as informed during this summer of physical distancing. Pat Deckas Becerra coordinated Chatting Over Coffee where we were able to gather in interest groups and visit with one another. Also thank you to the Technology Committee co-chaired by Nan Beman and Alice Heth together with Esther Fabes, Phyllis Galbraith, Linda Lewis, Karen Ringsrud, Carol Sheldon, Leslie Swenson, Joanne Tracy, Ann Vanvick, and Nell Wegmann, who worked and continue working to keep us operating smoothly on Zoom.

This fall beginning with Opening Day on Monday, September 14, we will have Mondays be as normal as possible. Three Zoom programs will be close to regular program times. Each program will last an hour including 15 minutes of questions for the speaker. When the speaker permits, we will record the programs so you may watch as your schedule allows. I encourage you to log onto the Zoom meetings five or ten minutes early so we can start promptly. Program Vice President Karen Ringsrud and topic chairs have an exciting lineup of speakers for the year.

All program planning meetings were held over Zoom in May. This year our program topics are The Arts, Education, Environment, Fair Play, Health, Literary Pursuits, Public Policy, Science and Technology, and Women's Voices. The Focus Day of Culinary Insights in November will be a treat as the food and restaurant

business is in transition. The Focus Day of Native Voices and the International Day of South Africa have been carried over from last spring so that those wonderfully planned programs will be presented this year.

With the Gale catering business closed since March, we were fortunate to obtain a Small Business Administration loan so that we can remain solvent until the business is able to reopen. The good news is that Karen Hancock, events coordinator, is booking events for next spring, and the calendar is filling quickly with rescheduled and new events. Repayments on the 30-year low-interest loan of \$150,000 do not begin until June of 2021, which gives us a year to resume the business.

Becky Farber and the Gala Committee are planning a virtual program of entertainment for us on October 30. Rita Britton and the Community Outreach team spearheaded donations to the Whittier neighborhood this summer and are planning ways for us to contribute this fall.

When it is safe to meet at the Gale, we will reconvene and celebrate in person. Of course it is AAUW dues and the generous contributions of members, plus the active involvement of all of us, that allow our Minneapolis Branch of AAUW to continue and thrive.

I miss seeing you in person at meetings at the Gale. I look forward to the time when we can again gather for coffee and visit before the morning programs begin or visit over lunch. Until that time we remain connected through virtual programs in addition to opportunities to connect with one another over Zoom. I also want to say again how very proud I am of our members as we have proven to be resilient, life-long learners who adapt and adjust to difficult changes. During this most unusual time we realize that it is our members who are making a difference as we continue to work together to promote equity and education.

Diane Boruff
President, Minneapolis Branch AAUW

Nominating Committee

In accordance with AAUW Bylaws, the branch will elect new officers during the 2021 March business meeting for the following positions:

Elected for two-year terms:

Treasurer

Membership Vice President

Development Vice President

Marketing Vice President

Elected for a one-year term:

Director at Large

The Nominating Committee (listed below) welcomes suggestions for each position. You may also volunteer yourself for consideration. As the committee meets each week in the fall, the candidates are narrowed to a final slate which will be presented to all members during the 2021 February business meeting and will be voted upon at the next business meeting in March.

Please consult the bylaws for the responsibilities assigned to each position. To recommend a candidate, contact anyone on the Nominating Committee.

Thank you for your participation in maintaining our branch's excellent leadership.

Sharon Bigot (Chair)	aebskfb@comcast.net
Rae Cornelius	rae.cornelius@gmail.com
Doris Grimes	DLW5400@aol.com
Jean Heidenreich	jeanheidenreich@msn.com
Ellen Hughes	ellen_hughes@comcast.net
Rosemary Lawrence	rosemarylawrence7@gmail.com
Nancy Sjoquist	nsjoquist@gmail.com
Peggy Woodbury	peggyjwoodbury@gmail.com

Sharon Bigot, Nominating Committee Chair

Officers of the Branch 2020 - 2021

President	Diane Boruff
Evening Vice President	Julie Ollila
Membership Co-Vice Presidents	Becky Farber Kathleen Kohler
Program Development Vice President	Karen Ringsrud
Marketing Vice President	Leslie Swenson
Development Vice President	Sheryl Sostarich
House Management Vice President	Ellen Hughes
Treasurer	Sheila Lind
Secretary for Recording	Jennifer Johnson
Director at Large	Carol Sheldon

Board of Directors 2020 - 2021 Meeting Dates

Officers, Directors, Program Development Assistants, Topic Chairs, and Chairs of Standing Committees have a vote. **All members** are welcome to attend.

Wednesday, September 16, 2020	9:30 a.m.
Wednesday, October 7, 2020	9:30 a.m.
Wednesday, November 4, 2020	9:30 a.m.
Wednesday, December 2, 2020	9:30 a.m.
Wednesday, January 6, 2021	9:30 a.m.
Wednesday, February 3, 2021	9:30 a.m.
Wednesday, March 3, 2021	9:30 a.m.
Wednesday, April 7, 2021	9:30 a.m.
Wednesday, May 5, 2021	9:30 a.m.

AAUW's Annual Gala

Women of Action: Past, Present, and Future

Friday, October 30, 2020, 7:00 p.m.

It's FREE!! Watch, Bid, and Give

Join us for our first-ever online gala that is open and free for everyone to watch, bid, and donate. A silent auction with online bidding will begin October 19, using the ClickBid system adopted last year for the gala. Items featured include parties, gift cards to restaurants, golf, trivia on Zoom, and scenic walks.

Register at <https://aauwmpls.cbo.io>

AAUW members are available to help with registering online.

Also, mark your calendars for our climax Zoom event on Friday, October 30, starting at 7:00 p.m. We will have an outstanding program with a mix of segments featuring:

- local jazz singer **Thomasina Petrus**
- memorable pictures of our members at past events
- a look at the Women's Suffrage Movement
- our scholars
- singing by our own AAUW group

It will be a program of joy and merriment.

The more people who watch, the better opportunity we have at meeting our fundraising goal. Spread the word about this free event with your friends and family by inviting them to the Zoom program on October 30.

**Be inspired by Women of Action:
Past, Present, and Future.**



Jazz Singer Thomasina Petrus

Electronic Bidding at the Gala

We are excited to announce that we will again use an online/electronic bidding system for this year's Gala. There will be lots of instruction and help available for you to learn how to bid from your computer or cell phone. Please visit the Gala website to register as a bidder:

Register at <https://aauwmpls.cbo.io>

Visit the website to preview the parties, venue tickets, and the silent and live auction items for purchase at this year's Gala.

We hope to see you at **Women of Action: Past, Present, and Future**. With electronic bidding, everyone is able to bid on silent auction items from October 19 through October 30.

Please participate by bidding online even if you are unable to attend the Gala.

Becky Farber, Gala Chair

Membership . . .

As educated people, it behooves us to keep up, not only with our profession, but our fast-changing world. There is no better or easier way to keep up than through the multi-faceted programming of the Minneapolis Branch, AAUW.

Surely, you read the news. But there is nothing like getting the full picture, in depth, from an expert speaker, someone who's intimately acquainted with the subject. It's easy to focus on the information when a dynamic, knowledgeable person is presenting.

Take our President Diane Boruff, for example. As a life-long learner, she finds the Program Committee's topics engaging. As a teacher of Spanish for many years at Burnsville High School (BHS), she remains fascinated by all things Hispanic. As an innovator, Diane facilitated BHS getting into the pilot program for College in the Schools Spanish. As one who manages to see joy all around her, she practices contemplation and served as co-coordinator of the statewide Minnesota Contemplative Outreach organization. As a wife, mother of two, and grandmother of two, she finds family dynamics topics engaging. As an avid traveler—memorably on a mission trip to Honduras taking along diapers sewn out of worn T-shirts—Diane delights in learning about other people's travels.

As AAUW members we are continually amazed at topics we barely knew about until we heard programs about drones, 3-D printing, stem cells, and regenerative medicine. Programs that help expand our knowledge of the Twin Cities, our state, our vast nation, and the world are regularly presented at AAUW meetings.

It's a pleasure and a privilege to hear these speakers, one that many of us share by extending an invitation to friends from different avenues of our lives. Call a neighbor, a

church friend, or a former colleague today, and extend an invitation to visit and join.

Ann Burckhardt for the Membership Committee

Becky Farber, Membership Co-Vice President

Kathleen Kohler, Membership Co-Vice President

How to Join a Zoom Meeting

Step 1: Watch this video: "Joining a Zoom Call for the First Time." Please do not skip this video—it walks you through step by step: <https://youtu.be/9isp3qPeQ0E>

Step 2: You are welcome to join any of the meetings. If you follow the instructions successfully and try to join the meeting before the appointed time, you will find yourself looking at yourself, but no one else is there. Click on the Leave Meeting button to exit. Join again five or ten minutes before the meeting begins.

Step 3: If you were not successful in getting into the meeting, you can email one of the tech helpers and she will arrange a time when one of them can call and help you.

Nan Beman: n.beman@me.com

Alice Heth: aheth@comcast.net

Esther Fabes: fabes002@umn.edu

Carol Sheldon: cvsheldon@gmail.com

Leslie Swenson: kline012@umn.edu

Joanne Tracy: jtracyhome@comcast.net

Ann Vanvick: alvanvic@gmail.com

Nell Wegmann: nwegmann@mac.com

Video Meeting Etiquette

There is just no substitute for good manners in all of our daily interactions, and they're certainly appreciated more than ever in public meetings. Join early—up to five minutes before the meeting start time.

- **Stage your video area.**

People aren't just seeing you, they're also seeing whatever the camera is pointed at behind you. Position your camera in a stable position, focused at eye level if possible. This helps create a more direct sense of engagement with others. Arrange it so that your camera isn't facing a window or a traffic throughway. Check your appearance on the little camera shot that appears just before you join the group.

- **More light is better.**

Video quality is improved with more lighting. Make sure the light is to the side or in front of you; being backlit makes you harder to see. Everyone is actually on camera, so try to avoid distractions for others.

- **Try to look into the camera.**

If you're presenting or asking a question, looking into the camera will give the appearance of eye contact with your audience.

- **Check your own tech options before you start.**

Put your hand up if you want to speak. Do this under "Participants."

- **Stay on mute if you're not talking.**

Background noise can be very distracting. If you aren't sharing anything at the moment, press mute until you do.

- **Don't eat during the meeting.**

It can be a little gross watching other people eat. Hold off if you can, or turn off the video and audio.

- **Stay focused.**

Avoid multi-tasking and keep unnecessary movements to a minimum. It can be easy to forget that people can hear and see you.

Passage Community Collection and Professional and Casual Business Clothing Drive

This fall, because we are meeting virtually, our two collections will be held a bit differently. **We will collect both business clothing and household supplies on Wednesday, October 14, from 9:30-10:30 a.m. in front of the Gale Mansion.**

Professional and Casual Business Clothing Drive

Recycle your gently used casual and career clothing and accessories including ties, belts, shoes, and purses. They will be used to help build a wardrobe for someone entering or re-entering the workforce or returning to school. **Fall** through **winter** clothing for men and women is appreciated. If you have any questions, please call me at 612-741-2216.

Denny Scharlemann, Community Outreach Committee

Passage Community Collection

Every fall we collect household supplies for residents at the Passage Community, a Simpson Housing Services transitional housing program for homeless families. Their apartment building, located near the Gale Mansion, houses 17 families. Families receive help with finding permanent housing, employment, education, and child care.

Items most needed are: toilet paper and paper towels, disposable diapers, laundry detergent, cleaning supplies, body wash/soap, toothpaste, floss, and shampoo. Checks made to Passage Community are also welcome. Money is used for emergencies and special needs. Thank you for helping these families stretch their tight budgets! If you have any questions, please call me at 612-377-6084.

Jennifer Johnson, Community Outreach Committee

Holiday Lights

Monday, December 14, 2020

Program: 10:30 a.m. on Zoom

Baibi Vegners and Dan Wascoe

Twin Cities cabaret singing artist, radio and jazz club vocalist and pianist, now celebrating
a half-century of stories and song.

Enjoy a delightful morning listening to Gershwin favorites and other classic popular songs from ragtime to the Beatles, presented by vocalist Baibi Vegners and pianist Dan Wascoe who have performed as Nuance, a duo, since 2007.

1:15 - 2:15 p.m. on Zoom

Subtext Bookstore of St. Paul

Sue Zumberge will recommend great holiday gift books which are available for purchase.

GUESTS ARE WELCOME!

Mary Kay Heruth and DeDe Scanlon,
Holiday Lights Committee Co-chairs

Watch for further information in the winter Bulletin.

Monday Literature . . .

September	<i>American Dirt</i> Jeanine Cummins
October	<i>This Tender Land</i> William Kent Krueger
November	<i>The Dutch House</i> Ann Patchett
January	<i>The Giver of Stars</i> Jojo Moyes
February	<i>The Night Watchman</i> Louise Erdrich
March	<i>Eleanor Oliphant is Completely Fine</i> Gail Honeyman
April	<i>Hum If You Don't Know the Words</i> Bianca Marais

Monday Non-Fiction Books . . .

September	<i>The Righteous Mind</i> Jonathan Haidt
November	<i>The Library Book</i> Susan Orlean
February	<i>Hidden Valley Road</i> Robert Kolker
April	<i>Educated</i> Tara Westover

Tuesday Evening Literature . . .

November	<i>Never Coming Back</i> Alison McGhee
April	<i>Cry, the Beloved Country</i> Alan Paton
May	<i>Untamed</i> Glennon Doyle
June	<i>The Book of Lost Friends</i> Lisa Wingate
August.	<i>The Genius of Birds</i> Jennifer Ackerman

Minneapolis Branch Scholarship Fund

AAUW Scholarship in the Time of Covid-19

The deadline for applications from Minneapolis Public High School girls for AAUW 2020-2021 scholarships was February 7, 2020. We received 48 complete applications. Nine members of the Scholarship Board each read all of the applications. However, instead of voting for our top five at the Gale on Monday afternoon March 16, the COVID-19 closure forced us to vote by email. The top four candidates were each interviewed on Zoom by three Scholarship Board members. The two winners for the AAUW Minneapolis 2020-2021 first-year scholarships are Kao Chang of Henry High School and Eleanor Craig of Edison High School.

Two 2020 Scholarship seniors, Wangna Xiong and Kristy Lor, both graduated from the University of Minnesota, Twin Cities Campus, this past May.

AAUW has now helped support 24 Minneapolis Public High School young women earn a four-year college degree.



Kristy Lor

I'd like to tell you about recent graduate, Kristy Lor. In her final semester, Kristy enrolled for 16 credits at the University of Minnesota and four credits at the Minneapolis Community and Technical College. Kristy told us, "The beginning of the semester went smoothly, but when COVID-19 became a health pandemic, the workload became more difficult. I struggled to stay motivated and productive being home every day, a place I associate with relaxation. I also experienced

anxiety and stress as COVID-19 began to shape my experiences because of my Asian identity and the fear of simple mistakes that may risk me or my loved ones of contracting COVID-19. I continued to push myself to finish this semester because it would be my last in my undergraduate education. In May, I managed to wrap up my degrees—a BA in Gender, Women, and Sexuality Studies and a BA in Biology, Society, and Environment. I also wrapped up my two years of peer mentoring for the President’s Emerging Scholars Program.” Kristy added, “My dreams and vision of completing my college journey in a bachelor’s degree have been fulfilled. I have grown so much since graduating from high school in 2016, and I could not have had the amazing college journey I did without the support of AAUW Minneapolis. I am incredibly blessed to have been one of your scholars, receiving your continuous support! Thank you for rooting for me and believing that I could be where I am today.”

Ann Vanvick was Kristy’s Scholarship Board mentor the past four years. This summer, Kristy is spending time in California with her family, as she determines her next steps.

AAUW Minneapolis is currently helping to support nine young women who are graduates of Minneapolis Public High Schools: two freshman, two sophomores, three juniors, and two seniors. The third junior is the first Nadia Christensen AAUW Minneapolis Scholar, a named scholarship. We sent checks to our scholars’ universities or colleges this August (2020) for a total of \$34,400.

Please consider donating to the AAUW Minneapolis Scholarship Fund! Donations can be made to our growing Endowment Fund or to the general Scholarship Fund. The AAUW Scholarship Fund is a 501(c)(3). Donations are tax-deductible.

Sharon Bigot, President of the AAUW Minneapolis Scholarship Fund Board

Opening Day, Monday, September 14, 2020

AAUW Minneapolis

Enjoy the Day!

9:30 - 10:30

LITERATURE

on Zoom

Be Who You Are and Love Who You Are

Speaker: Maria Nhambu, Author, Educator

Nhambu presents her life journey of struggle, survival, and success in an authentic, powerful, and intensely personal way. Her story of resilience, faith, and hope is the roadmap and inspiration for courageously being who you are and loving who you are. Her *Dancing Soul Trilogy: Africa's Child, America's Daughter, and Drum Beats, Heart Beats*, reveal the poignant story of a woman with roots in East Africa. She came to the United States as a teen and now shares her gifts with us and the world.

DeDe Scanlon

11:00 - 12:00

on Zoom

Welcome to Minneapolis AAUW 2020-2021

President Diane Boruff will welcome us to a year of exciting and interesting programs. We will honor outgoing President Carol Sheldon and honor 50-year members and Past Presidents. Program Vice President Karen Ringsrud will present an overview of our topics for the year.

Walking Nearly 5,000 Miles in 12 Months

Speaker: Alison Young, Blissful (and extreme) Hiker,
former Classical Music Host and Producer for
MPR and American Public Media

Young has always used her feet to find peace, strength, and solace. However, upon returning from a hike across New Zealand, everything in her life changed. To achieve solace again, she did what she always does—she hiked—this time 2,640 miles from Canada to Mexico on the Pacific Crest Trail. You will be thrilled by her photos, stories, and humor.

Lois Petersen

Interest Groups . . .**4th Mondays at 9:30 a.m.**

Special interest groups meet the fourth Monday of each month at 9:30 a.m. Due to Zoom scheduling this fall, we will be offering book discussions only during the choice time on the fourth Monday. Literature group discussions will be held monthly, and non-fiction book group discussions will be held in September and November.

- **Book Discussions** on Zoom
Leaders: Elaine Kirk and Sheryl Sostarich

The list of books selected for this year is found on page 13 of this Bulletin. Discussion of the book is facilitated by a branch member.

Opening Evening, Tuesday, September 15, 2020

5:00 Tuesday Evening "Meet and Greet" on Zoom

If you would like to check in with AAUW friends, this hour is for you. Grab your favorite beverage and join a Zoom chat as the program year begins (virtually, of course). Look for an email in early September with information on how to receive your invitation to the meeting, which will be hosted by Ann Vanvick.

Guest Policy

AAUW Minneapolis welcomes guests! You are invited to share the Zoom link with a friend that you think would be interested and would enjoy our program.

To welcome our guests please do the following:

- Invite with the Zoom link. You can cut and paste the pertinent information or forward the entire email. Please remind your guest not to share the link via social media.
- Please send our president, Diane Boruff, an email stating that you have a guest so we can introduce guests at 12:00 noon before the announcements.
- Also, please send membership chairs, Kathleen Kohler and Becky Farber, your guest's name and contact information so they can welcome them.

If a visitor likes the Zoom meetings, can you imagine what they will think of our normal Monday meetings at the Gale? We encourage our guests to join us as members.

Tuesday Evening, November 10, 2020

(In order to use this booklet space more efficiently,
the two fall evening programs are placed here on facing pages.)

5:15

LITERATURE DISCUSSION

on Zoom

Never Coming Back by Alison McGhee

Discussion Leader: Julia Reiersgord

Clara is in her early thirties. Her mother, Tamar, has been diagnosed with early-onset Alzheimer's disease. Set in rural upstate New York, we go on Clara's journey through this life upheaval. Friend and family relationships are explored through the lenses of grief, loss, loyalty, and love. Clara is on a health journey herself and faces a choice. She also searches for her mother's long-buried secret.

7:00

TECHNOLOGY

on Zoom

Technology and Distance Learning

Speaker: Heather Hanson, EdD, Principal, School of
Science, Engineering, and Art, Robbinsdale

Are you curious about how schools provide learning during the COVID-19 pandemic? Hanson will share the journey through distance learning with students, staff, and family members. What are the pros and cons of this use of technology?

Ann Vanvick

No regular committee meetings are listed in this Bulletin. If your committee would like to arrange a Zoom meeting, contact Esther Fabes and she will assist you. Please schedule it on a day other than Monday.

Monday, September 21, 2020

9:30 - 10:30 **MONDAY INTEREST GROUPS**

Please see the Bulletin page 17.

NON-FICTION BOOK DISCUSSION

on Zoom

The Righteous Mind by Jonathan Haidt

Discussion Leader: Sheryl Sostarich

Jonathan Haidt, a professor of psychology at the University of Virginia, explores why humans can be so convinced that they are right. Haidt dismisses the idea that the human mind is rational. Rather, emotion and intuition determine our judgments, while reasoning serves to justify those judgments. The book helps guide us to better understand ourselves and respect those of differing religious and political beliefs.

LITERATURE DISCUSSION

on Zoom

American Dirt by Jeanine Cummins

Discussion Leader: Gini Hickman

A middle class bookstore owner and her eight-year-old son are fleeing Acapulco for America after their entire family was murdered on orders from a local narco-trafficking cartel kingpin. This was because her journalist husband profiled and thus exposed the cartel leader. During the treacherous journey that ensued, they traveled as undocumented immigrants, riding the rails on a freight train and traveling with a paid coyote smuggler. This book is filled with terror, violence, love, joy, and is compassionate and riveting!

11:00 - 12:00

WOMEN'S VOICES

on Zoom

ERA 2020

Speaker: Betty Folliard, Founder of ERA Minnesota,
Former Member of the Minnesota House
of Representatives

Folliard will talk about ERA 2020—the great modern push to ratify the Equal Rights Amendment 97 years after it was first introduced into Congress in 1923. In the wake of Virginia becoming the 38th state to ratify the Equal Rights Amendment in January and the ensuing lawsuits both for and against voiding the 1979 arbitrary deadline imposed on women’s rights, Folliard will give an up-to-the-moment presentation on state and national efforts to finally ratify the ERA.

Judy McConnell

12:00 noon ANNOUNCEMENTS

1:15 - 2:15 PUBLIC POLICY on Zoom

Voting Suppression

Speaker: Steve Simon, Minnesota Secretary of State

“Elections truly matter; our voice is our vote!” As the Minnesota chief elections official, Simon is committed to protecting and strengthening the security and fairness of Minnesota’s election process. His office works to ensure every vote is properly cast, counted, and recorded. While reliance on paper ballots is the cornerstone of Minnesota’s ballot security, electronic systems play an important supporting role. Simon will talk about election security, cyber security, and new security initiatives.

Gini Hickman

Monday, September 28, 2020

There is no AAUW programing on September 28, in observance of Yom Kippur.

Monday, October 5, 2020

9:30 - 10:30

THE ARTS

on Zoom

Craft: Why Making Matters

Speaker: Christian Novak, Membership Manager,
American Craft Council (ACC)

Novak will discuss the role of craft in contemporary society and the ACC's vision to link and engage communities through craft. The ACC strives to connect and galvanize diverse communities in order to cultivate and advance craft's impact on contemporary American life. It focuses on engaging new audiences, supporting and recognizing artists at every career and practice stage, and acting as a catalyst for the field. Annually, ACC hosts four national craft shows, including the St. Paul show, which takes place October 9-11, 2020.

Judy Romlin

11:00 - 12:00

ENVIRONMENT

on Zoom

The Urgent Need for Action to Combat the Climate Crisis

Speaker: John Dunlop, Engineer, Renewable Energy
Policy Consultant based in Minneapolis

Dunlop managed renewable energy programs for 35 years for the Minnesota State Energy Office and then for the American Wind Energy Association. He will address urgent climate policy actions that can be addressed at the state and local level. These include eliminating carbon emissions from electricity generation by using renewable

energy, electrifying the transportation and building sectors, and supporting a high-voltage nationwide transmission system.

Karen Ringsrud

12:00 noon ANNOUNCEMENTS

1:15 - 2:15 HEALTH on Zoom

**Your Magnificent Microbiome:
Latest Insights on Optimizing Your Health**

Speaker: Gregory A. Plotnikoff, MD, MTS, FACP,
Founder and Medical Director, Minnesota
Personalized Medicine

Plotnikoff previously addressed us about the science behind the statement, “Gut health is the foundation for all health.” Today he will introduce the latest data on the connection between the intestinal microbiome and non-intestinal issues, with a special focus on neurologic, metabolic, and mental health concerns. Included will be the latest information on the role of the oral microbiome in health and disease. He will give practical guidance on how to optimize your microbiome via lifestyle measures.

Carrie D’Andrea

Watch your emails for up-to-date information on current programs, meetings, and other activities.

Monday, October 12, 2020

9:30 - 10:30 LITERARY PURSUITS on Zoom

A Visit with a Restless Writer

Speaker: Alison McGhee, Author, Teacher of Creative Writing

McGhee describes herself as a restless writer because she writes in a variety of categories—adult novels, young adult and middle-grade novels, children’s chapter books, and adult and children’s picture books. She has won four Minnesota Book Awards: two awards for adult novels, one award for a young adult book, and one award for a picture book. McGhee teaches creative writing on her own and at Vermont College, Metropolitan State University, and through Hamline University’s MFA Program. Today she will discuss her most recent adult novel: *The Opposite of Fate*.

Sharon Bigot

11:00 - 12:00 EDUCATION on Zoom

Overcoming Institutional Racism

Speaker: Michael L. Walker, Director of Black Male Student Achievement in the Minneapolis Public Schools

Given the disparities between the district's Black and white learners in everything from reading to discipline, Walker's urgent mission is to celebrate his students' accomplishments while pushing schools to serve them

better. He will discuss how to overcome the gaps among families, communities, and schools.

Kay Kessel

12:00 noon ANNOUNCEMENTS and
BUSINESS MEETING

1:15 - 2:15 FAIR PLAY on Zoom

Conviction Laws and the Rights of Ex-Felons

Speaker: Robert J. Tennesen, Attorney, Former Minnesota
State Senator

There are collateral consequences of conviction laws which prevent former prisoners from supporting themselves and their families. These laws lead to recidivism and hurt the economy. Reform is proposed by the National Conference of Commissioners on Uniform State Laws.

Dot Lilja

THANK YOU, PROGRAM TOPIC CHAIRS AND COMMITTEE MEMBERS

Your time and dedication for learning and advocacy for AAUW priorities have produced another great year of programs.

Thanks for all you do.

Monday, October 19, 2020

9:30 - 10:30

HEALTH

on Zoom

**Reimagining Hearing Aids
by Providing a Gateway to Health and Wellness**

Speaker: Dave Fabry, PhD, Chief Innovation Officer,
Starkey Hearing Technologies

During the past decade, hearing aids have evolved from stand-alone devices that provide audibility for speech and other sounds to connected ones that facilitate phone/media streaming via smart phone technology. Today, the use of machine learning, artificial intelligence, and embedded sensors promise to further continue the hearing aid's evolution into devices that can provide a gateway to health and wellness. This session will address recent advances in technology that challenge assumptions and stigma associated with hearing loss.

Katharine Mauer

11:00 - 12:00 SCIENCE AND TECHNOLOGY on Zoom

International Trade Policy

Speaker: Dr. King Banaian, Dean of the School of Public Affairs, Professor of Economics, St. Cloud State University

Trade increases wealth overall but with uneven effects. Modern technology has made more and more parts of the world accessible at lower and lower costs. How has this affected political views of developed and underdeveloped

nations? Banaian will explain the reasons for and justifications given for trade policies being followed by nations seeking trade to increase their wealth.

Ellen Hughes

12:00 noon ANNOUNCEMENTS

1:15 - 2:15 WOMEN'S VOICES on Zoom

**The United Methodist Church's
Struggle for Inclusivity**

Speaker: Rev. Judith Zabel, Senior Minister,
Hennepin Avenue United Methodist Church

The United Methodist Church is struggling for justice and inclusivity for gay and lesbian people as it determines ministry policies and practices for an extremely diverse church. Worldwide, the church ministers to people in 150 countries where cultural beliefs about homosexuality differ widely. Zabel will talk about the church's historic struggle to allow gay and lesbian people to become ordained as ministers and to be married in the church. She will describe the work of Minnesota Methodists, an advocacy group formed to unite United Methodists in Minnesota who are committed to supporting an inclusive church.

Ann Carlson

Bulletin Deadline

October 7 is the due date for
December, January, and February Bulletin items.
Thanks.

Marilyn Oliphant 952-469-4387
mloliphant@charter.net

Monday, October 26, 2020

9:30 - 10:30 **MONDAY BOOK DISCUSSION** on Zoom

This Tender Land by William Kent Krueger

Discussion Leader: Lynn Hjelmeland

This is the story of four orphans who travel down the Mississippi River during the Great Depression. They have escaped an orphanage where they had been abused. Over the course of one summer they meet others who are adrift: struggling farmers, displaced families, and lost souls of all kinds. *This Tender Land* is an enthralling story of an incredible odyssey.

11:00 - 12:00 **LITERARY PURSUITS** on Zoom

Eleanor's Wars

Speaker: Ames Sheldon, Author of *Eleanor's Wars*

During and after World War II, American women played many different roles, ranging from pilots, to riveters, to nurses. Sheldon will share her research about these heroic women and how she came to write her historical novels showcasing a few gutsy women.

Wendy Woodfill and Carole Clemens

Noon **ANNOUNCEMENTS**

1:15 - 2:15 **ENVIRONMENT** on Zoom

**Restoring Malagasy Tropical Forests through
Partnerships with Local Farmers**

Speaker: Dr. Rebecca Montgomery, Professor, Department of Forestry Resources, University of Minnesota;
Co-Founder, Minnesota Phenology Network;
Board President, Green Again Restoration

This talk will outline challenges associated with deforestation in Madagascar and introduce the work of Green Again Restoration, a small nonprofit committed to reforestation and restoration in the eastern lowland rainforest of Madagascar. Green Again partners with local farmers to co-generate tree planting projects that achieve both landowner and ecological goals.

Barb Swanson

House Management Committee . . .

This was a summer like no other. Because the Gale has been shut down since March, all activities at the Gale have been cancelled. Guests who had reserved catering dates for weddings and special events either rescheduled or cancelled, thus leaving us with a serious financial shortfall.

Karen Hancock served as both office manager for AAUW and catering manager for the Gale catering business. She made the Gale Mansion and the Presidents' Hall look appealing for prospective brides for whom she continued to give tours. The Presidents' Hall was beautifully arranged with tables for four guests set six feet apart, and the mansion was set similarly which made an attractive and reassuring setting for prospective clients.

While none of the usual annuals were planted, the garden by the entrance canopy was in full bloom with phlox, hydrangeas, and daylilies. It was watched over by Julie Ollila, Mary Kay Heruth, Denny Scharlemann, and others.

Ellen Hughes, House Management Vice-President

Monday, November 2, 2020

9:30 - 10:30 WOMEN'S VOICES on Zoom

Tubman's Response to Human Trafficking in Minnesota

Speaker: Tamara Stark, Tubman Senior Director of
Housing and Youth Development

Stark will give an overview of human trafficking trends and how each of us can play a role in putting an end to these injustices. She will tell us about Tubman's programs that address violence through research, prevention, and trauma-informed innovative interventions. AAUW Minneapolis has supported Tubman through Community Outreach Committee Funds.

Jennifer Johnson

11:00 - 12:00 HEALTH on Zoom

Women's Heart Health: A Matter of Mind, Body, and Spirit

Speaker: Dr. Courtney Jordan Baechler, MD, MS, Medical
Director, Emerging Science Centers,
Minneapolis Heart Institute Foundation

Expect the latest facts, figures, and theories on disparities in women's heart disease, how to best prevent heart disease, how we ensure best outcomes in the long-term, and how to live a full life with heart disease.

DeDe Scanlon

12:00 noon ANNOUNCEMENTS and
BUSINESS MEETING

**New Treatment for Spinal Cord Injury:
What the Future Holds**

Speaker: Ann M. Parr, MD, PhD, Associate Professor,
Department of Neurosurgery, University of
Minnesota

Spinal cord injury (SCI) can be devastating. It is unlikely that there will be one cure for SCI. Instead, a combination of treatments, tailored for each patient and each injury, may be optimal. Stem cells, scaffolding, and electrical stimulation therapies are all potential candidates. Their team has made some very exciting breakthroughs.

Alice Heth

About Our House . . .

Welcome to the Gale Mansion. We are proud of this historic building, which has been the Minneapolis Branch home since 1947.

Except on branch meeting days, all doors are locked for security and energy conservation. To gain admittance, press the intercom button at the front door and state your name as a member or guest to gain access.

The beautiful Gale Mansion is available for weddings, parties, meetings, and other special events. Please encourage others to consider this facility for their special event needs.

Monday, November 9, 2020

9:30 - 10:30

PUBLIC POLICY

on Zoom

“Fake News” and Media Ethics

Speaker: Chris Ison, Associate Professor, University of Minnesota Hubbard School of Journalism and Mass Communication

Ison will discuss the historical context of today’s “fake news” crisis. He will also share practical strategies for sustaining responsible journalism. This is a very important topic in today’s news climate and a program you won’t want to miss. The election will just be over, and it will be interesting to see what part “fake news” played in the national debate.

Barb Link

11:00 - 12:00

EDUCATION

on Zoom

The Quarantine Kitchen

Speaker: Karyn Tomlinson, Former Chef of Corner Table Restaurant

How do you cultivate an audience when your stage has disappeared? Many local chefs are using virtual platforms to share their talents and hosting instructional shows from their own personal kitchens. Because the restaurant she planned to open has been put on hold, Tomlinson’s videos help fill the void. She will talk to us about her journey as a chef, reconnecting with the importance of hospitality in the home, and building bridges in our community.

Lora Opsahl

12:00 noon

ANNOUNCEMENTS

1:15 - 2:15

THE ARTS

on Zoom

Music, Medicine, and Wellness

Speaker: Jenzi Silverman, PhD, ATCL Instructor, Bakken Center for Spirituality and Healing, OLLI Course Leader, University of Minnesota

Music therapy, medical musicianship, and clinical music practice—all involve the use of music as a healing modality. How are these distinct fields related and how do they differ? What makes music such a powerful healing tool in the first place? Silverman will explore these topics and suggest some techniques for improving wellness through music.

Mary Aspnes

Evening Membership Dues

Annual dues of \$150 are significantly reduced for **evening only** members. If you are a member and come on Mondays, you are an evening member, too. Spring meetings resume on April 13, 2021. If you know potential members who are not able to attend daytime meetings, refer them for evening only membership.

Tuesday, November 10, 2020

In order to use Bulletin space more efficiently, the two fall evening programs are placed on facing pages 18 and 19.

Please see page 19 for a description of the Tuesday, November 10, evening program.

Monday, November 16, 2020

9:30 - 10:30

SCIENCE

on Zoom

The Scientist and the Spy

Speaker: Mara Hvistendahl, Author

Not since Alfred Hitchcock's *North by Northwest* has a cornfield produced so much excitement. This is a complex story, but it's presented clearly and vividly, thanks to Hvistendahl's background as a science journalist here and in China, her exquisite pacing, and her narrative skills. This true story of China, the FBI, and industrial espionage is hard to put down and harder to stop thinking about.

Lil Lindsey

11:00 - 12:00

WOMEN'S VOICES

on Zoom

Protecting Immigrant Rights

Speaker: Teresa (Terri) Nelson, Legal Director of the
American Civil Liberties Union (ACLU)
of Minnesota

Nelson is the counsel of record for the ACLU's cases. She supervises and coordinates the work of attorneys and pro bono attorneys. An adjunct professor at her alma mater, Mitchell Hamline School of Law, she currently serves on the State Advisory Committee to the United States Commission on Civil Rights and is a member of the Advisory Board for the Minneapolis-St. Paul Lawyer Chapter of the American Constitution Society.

Diane Boruff

12:00 noon

ANNOUNCEMENTS

When Health Gets Political: A Comparison of the Affordable Care Act and COVID-19

Speaker: Sarah Gollust, PhD, Associate Professor, Division of Health Policy and Management, University of Minnesota School of Public Health

2020 was the 10-year anniversary of the Affordable Care Act being signed into law. It was also the year of the emergence of the most devastating public health crisis in a century. Gollust will compare these two issues, analyzing how politics and communication contributed toward polarized responses to these distinct—and continually evolving—public health events.

Alice Stark

Another Branch Benefit: Pay It Forward

When meetings resume at the Gale Mansion, help make lunches more affordable for those who find eating out each week beyond their budgets. Members can obtain a “Pay It Forward” envelope containing \$20 in cash to pay for lunch. Ask the AAUW office manager to show you the location of the box. You are welcome to use an envelope once a month, but you do need to make a lunch reservation by the prior Friday at noon.

To keep the box stocked with envelopes, those who would like to fill an envelope with \$20 cash (correct change) can “Pay It Forward.” You can find empty envelopes for donations in the box. By being discreet, no one will know if you are donating or using the \$20. Hopefully this will allow some members to lunch with us more often.

Monday, November 23, 2020

9:30 - 10:30 MONDAY BOOK DISCUSSIONS

Please see Bulletin page 17.

NON-FICTION BOOK DISCUSSION

on Zoom

The Library Book by Susan Orlean

Discussion Leader: Sheryl Sostarich

This is a story of libraries inspired by a fire that destroyed or damaged more than a million books in the Los Angeles Public Library. Susan Orlean tells the broader story of libraries and librarians that reveals how these institutions provide more than just space to house books and media.

LITERATURE DISCUSSION

on Zoom

The Dutch House by Ann Patchett

Discussion Leader: Sheila Lind

An enchanting house outside of Philadelphia becomes the anchor for a postwar story that spans decades. It is the story of a brother-sister relationship that transcends a complex childhood in the family home and highlights choices that impact and bond both through their lives.

11:00 - 12:00 LITERARY PURSUITS

on Zoom

The Loft's Wordplay Festival

Speaker: Steph Opitz, Founding Director of the Loft's Wordplay

In May of 2019 the Loft Literary Center launched its first

Wordplay Book Festival. It was a huge success with three days of participants engaging in literary pursuits. In 2020, Opitz was finalizing plans for the next Wordplay, when those plans went awry due to the COVID-19 shutdown. Opitz will tell about the launch of the first Wordplay, how it progressed during the shutdown, and plans for next year.

Georgia Wiebe

12:00 noon ANNOUNCEMENTS

1:15 - 2:15 HEALTH on Zoom

I'm Okay, You're Really Sick: Coping with Narcissists

Speaker: Rokelle Lerner, Senior Clinical Advisor,
Crossroads Centre Antigua

Many in our society suffer from false pride, entitlement, and grandiosity. This narcissism interferes with personal and professional relationships that are so filled with conflict and pain that it starts to erode the spirit of those close to them. Often as a result of childhood trauma, narcissists spend their lives expunging shame, which can take on the characteristics of helpless victim, grandiosity, and cruelty. This lecture will examine the relational consequences of narcissism and offer tools in dealing with narcissists both personally and professionally.

Suggested reading to accompany this lecture is *The Object of My Affection is in My Reflection: Coping with Narcissists* by Rokelle Lerner.

DeDe Scanlon

Monday, November 30, 2020

Focus Day

CULINARY INSIGHTS

Get ready for a variety of Culinary Insights. We will learn about The Main Street Project, a resilient agriculture system to create pathways out of poverty. Next, the Sioux Chef, a 2019 James Beard award winner, will tell of his emphasis on indigenous foods. Finally, we'll have a discussion about a variety of wines.

9:30 - 10:30

on Zoom

**Innovative Path Toward a More
Just and Healthy Food System**

Speaker: Julie Ristau, Chief Operating Officer, Main Street Project

The Main Street Project works to create pathways out of poverty for growing numbers of Latinx immigrants. By advancing a resilient agriculture system, the staff works to demonstrate the power to heal our lands, nourish our communities, and prepare aspiring farmers. Ristau will also update us on the Homegrown Minneapolis project she started with former Mayor R.T. Rybak.

Kay Kessel

11:00 - 12:00

on Zoom

Indigenous Chef Revitalizes North American Cuisine

Speaker: Sean Sherman, CEO/Founder, The Sioux Chef

Sherman is an Oglala Lakota Sioux chef who created a company devoted to indigenous foods and the creation of recipes showcasing tribal diversity and the values of

Carole Clemens

12:00 noon

ANNOUNCEMENTS

1:15 - 2:15

on Zoom

WINES: Today's Delights and Insights

Speaker: Beau Farrell, Vice President, Marketing and E-Commerce, Haskell's Liquors

What are good wines? What is happening in the Minnesota Wine industry? What is happening nationally and internationally with wines? How do we pair wines with food and with desserts? How much should we be spending for a good bottle of wine? These are all questions, the answers of which should quench our thirst!

Patricia Day

**Bulletin of the Minneapolis Branch
American Association of University Women**

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AAUW Funds. . .

Your Contributions in Action

The AAUW Funds Committee and I would like to give a big thank you to the Minneapolis Branch members who generously donated to one or more of the AAUW Funds. This is especially true with pandemic disruptions and cancellation of the state convention silent auction.

This year we have four fund categories that support AAUW's Mission:

- AAUW Greatest Needs Fund (9110)
- Education and Training Fund (4450)
- Economic Security Fund (4449)
- Leadership Fund (4452)

Occasionally in the weekly emails throughout the year, I will explain how these funds promote equity for women and girls. You can also learn about them at [AAUW.org](https://www.aauw.org). The Minneapolis Branch raises funds because equity is still an issue.

Toward the end of the year each member is sent an Ask Letter because many members choose to donate before the end of the year.

Raising money for these funds is one way Minneapolis Branch members live out the AAUW Mission which is to advance equity for women and girls through advocacy, education, philanthropy, and research. Your gifts are tax-deductible and very much appreciated!

Joyce Prudden,
AAUW Funds Chair