



**Welcome**

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Pat Deckas Becerra with Said our wonderful guide.

## **Out and About with AAUW at the Somali Museum of Minnesota**

## From Our President



It's almost 2024, I've been around a long time, and I still have so many unanswered questions! I haven't found out who let the dogs out...where's the beef...how to get to Sesame Street... why Dora doesn't just use Google Maps...why do all flavors of Fruit Loops taste exactly the same, or how many licks does

it take to get to the center of a Tootsie Pop...why eggs are packaged in a flimsy carton, but batteries are secured in plastic that's tough as nails...what does the fox say... why "abbreviated" is such a long word; or why is there a D in 'fridge' but not in refrigerator... why lemon juice is made with artificial flavor, yet dishwashing liquid is made with real lemons... why they sterilize the needle for lethal injections... why do you have to "put your two cents in" but it's only a "penny for your thoughts," where's that extra penny going to... why do "The Alphabet Song" and "Twinkle Twinkle Little Star" have the same tune...why did you just try to sing those two previous songs ... and just what exactly is Victoria's secret... and where is Waldo... can you hear me now and do you really think I am this witty? I got this from a friend, who stole it from her brother's girlfriend's, uncle's cousin who lived next door to an old classmate's mailman. Actually, a friend sent it to me on Facebook and I thought it would be good to start 2024 with a laugh.

Now for the serious part of my message. The Long Range Planning Committee and our members have been diligently working towards developing a strategic plan that will guide our efforts and ensure the continued success of our organization. Creating a strategic plan is crucial for any organization, as it provides clear direction and a roadmap for achieving our goals. It allows us to focus our resources, engage our members effectively, and make informed decisions that align with our mission and vision.

In developing our strategic plan, we will undertake a thorough assessment of our current strengths, weaknesses, opportunities, and challenges. We will analyze the needs and preferences of our members, as well as the external factors that may impact our branch. This comprehensive evaluation will provide us with valuable insights that inform our strategic priorities moving forward.

Through this process, we aim to foster inclusivity, diversity, and equity within our branch activities and initiatives. We want to ensure that all members feel valued and have equal opportunities to participate, contribute, and lead. By promoting a welcoming and supportive environment, we believe we can maximize the potential of our collective efforts.

I am excited about the progress we have made thus far and the potential that lies ahead. Our strategic

plan will serve as a roadmap to guide our actions, ensuring that we continue to make a meaningful difference in the lives of women and girls in our community.

I encourage all members to actively engage in the strategic planning process, providing input and feedback to shape our direction. Together, we can create a strong and vibrant branch that is responsive to the needs of our members and the broader community. Thank you for your continued dedication and support.

Ann Vanvick, President



Past presidents at our opening day ceremony

# Officers of the Branch

**2023-2024**

President	Ann Vanvick
Membership Co-Vice Presidents	Victor Barela Rae Cornelius
Program Development Vice President	Leslie Swenson
Marketing Vice President	Judy Romlin
Development Vice President	Nell Wegmann
Treasurer	Laura King
Secretary for Recording	Jennifer Johnson
Director at Large	Veronica Johnson

## Board of Directors

**2023-2024 Meeting Dates**

**9:30 a.m. on Zoom**

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

Wednesday, September 6, 2023

Wednesday, October 4, 2023

Wednesday, November 8, 2023

Wednesday, January 3, 2024

Wednesday, February 7, 2024

Wednesday, March 6, 2024

Wednesday, April 3, 2024

Wednesday, May 8, 2024

Closing and Awards Day is the last meeting of the year on Monday, May 13, 2024.

# Membership

One of the favorite reasons most members cite for being a member of Minneapolis AAUW is the programs. The speakers are incredibly expert in their fields! These presentations are not only informative and entertaining, but oftentimes inspiring. Many provide glimpses into current research and current topics of discussion. It is such a pleasure to read an article in the paper or magazine with the background knowledge that our speakers provide for us through their informative presentations. Our understanding of the subject area is heightened.

Our programs present a door to the arts in the Twin Cities. Architects, painters, photographers, and writers all share with us the wonderful worlds they create. Not only are we privy to their works, but we also learn about the various processes they employ in the creation of their works.

Our programs inspire us as we learn about the many organizations working to make our community a better place. We learn about groups fighting to save our planet from harm, both human-made and environmental. We learn about political issues affecting our economy, our freedoms, which in turn affect the world's balance. We learn about people's personal journeys through oppression, poverty, addiction, or mental illness and how they found support to lessen the effects of their traumas.

Our programs introduce us to scientific research that is pushing the envelope to reduce the effects of physical trauma or disease. We hear about scientific research in the discovery of new areas of knowledge in our world.



We are both inspired and energized through these programs. We are reminded that even when we see darkness or turmoil, there are people seeking answers, having faith in science, in art, in each other, and in us to make this a better world.

We are so lucky! Why not share our good fortune in discovering Minneapolis AAUW with a friend? Look at the upcoming programs and invite a friend you think might be interested in that topic. We want to grow our membership and members asking friends to visit is the best avenue. Friends are welcome to visit, one, two, even three times before deciding to join.

Rae Beth Cornelius  
Victor Barela

Membership Co-chair  
Membership Co-chair

—

## **Spring Bulletin Deadline Date**

**January 3, 2024**, for the March, April, May issue

# Scholarship

## Oh, the places they'll go!

Some of our AAUW branch scholars are on the road this fall semester. As I read of their adventures, I am thrilled at the opportunities that they have compared to when I was a female college student in the 60s.

Erika Patino, my mentee, is a junior in the Carlson School at the U of M. She is in South Korea on an exchange program in Seoul. She is enjoying the Korean culture and sees connections with her Ecuadorian background, including the food. As a major in international business, this is a wonderful opportunity.

Lily Anderson, a sophomore engineering major at the U of M, participated in the solar car competition in Australia. She has been deeply involved in this endeavor since her freshman year. She designed the lotus-themed wrap (see photo), and the team named the car Gaia. She also worked on the electrical system. She took the semester off to work to raise the money for expenses; therefore, she did not receive that semester's scholarship money from us.

The solar race is from Darwin in the north to Adelaide in the south, 1,878 miles. The race ran from October 2-29. Nikki Annoni, Lily's mentor, has attended several events, including the car's unveiling in July.

Look for highlights of other scholars' educational journeys in future Bulletins and ask board members about their mentees!



This car was built solely by undergraduates like Lily.

Ginny Craig, Scholarship Fund President

## AAUW Funds

Contributing to AAUW Funds is one way to support AAUW's mission of equity for women and girls. The funds, managed by national AAUW, are divided into categories, including:

- Greatest Need Fund that allows AAUW to direct timely support where it is needed. This fund is preferred because it provides flexibility.
- Education and Training which supports STEM, Title IX, and Pathway to Jobs.
- Economic Security Fund supports pay equity, Title VII and retirement security. The Legacy Advocacy Fund (LAF) is also part of this fund.
- Leadership Fund supports, among other things, work to close the employment gap and the *National Conference for Collegiate Women Student Leaders* (NCCWSL), to which our branch has sent several young women. Some money from a recent bequest to the branch has been earmarked for NCCWSL scholarships.

Our AAUW Funds Committee is working on guidelines for these monies. Consider making a gift to one of the AAUW Funds online. This can be done directly at [AAUW.org](https://AAUW.org) or by check to AAUW Funds given to our office.

Shari Parsons, Chair

## Program Topics

- The Arts

- Education
- Empowering Women
- Environment
- Equity and Inclusion
- Health
- Literary Pursuits
- Public Policy
- Science & Technology

## Focus Days

- January 29: Living Your Best Life
- April 29: International Day – Haiti



We can attend meetings in person or on Zoom.

## **The Library Has Moved!**

With the help of Library Committee members, the library has moved to the second floor. We are now in the Association Room, which is near the elevator. Our new space is very pleasant, and I am reluctant to say, “cozy.”

### **PLEASE COME UP AND SEE US.**

I want to thank all the members who voted to retain our Library. It is an asset for our members.

Everything will remain the same regarding checking out books. There will be no fines for overdue books; we are grateful when they return. We enthusiastically accept your book donations either to add to our collection or to sell to members. We will continue to sell used books and jigsaw puzzles.

Judy Vermeland-Wendt, Library Chair



Our members enjoy our library, and Judy, our librarian, keeps us up to date on diverse books.



# Monday Literature Discussions

## Fiction

January	<i>The Dictionary of Lost Words</i> By Pip Williams
February	<i>Lessons in Chemistry</i> By Bonnie Garmus
March	<i>Demon Copperhead</i> By Barbara Kingsolver
April	<i>Breath, Eyes, Memory</i> By Edwidge Danticat

## Nonfiction

February	<i>The Sewing Girl's Tale: A Story of Crime and Consequences in Revolutionary America</i> By John Wood Sweet
April	<i>The Wager: A Tale of Shipwreck, Mutiny and Murder</i> By David Grann

## Interest Groups

### **Fourth Mondays at 9:30 a.m.**

Interest Groups meet the fourth Monday of each month at 9:30 a.m.

Great Decisions and Travel alternate monthly.

Fiction book discussions meet monthly.

Nonfiction discussions and Hot Topics alternate monthly.

### **Book Discussions**

Fiction: Julie Ollila                      Room: Heritage

Nonfiction: DeDe Scanlon   Room: Founders

The list of books selected for this year are on page 15 of this Bulletin. Discussion of the book is facilitated by a branch member.

### **Great Decisions      Room: Presidents' Hall**

Leader: Ruth Andersen

Great Decisions topics are the most critical issues of the year ahead for global policy makers. With the quickly changing world, we will explore topics of current concern with input from videos and discussion.

### **Hot Topics                      Room: Founders**

Leader: Lil Lindsey

Join us for lively, interactive discussions on newsworthy events and more.



# Member Artwork Program

March 25, 2024

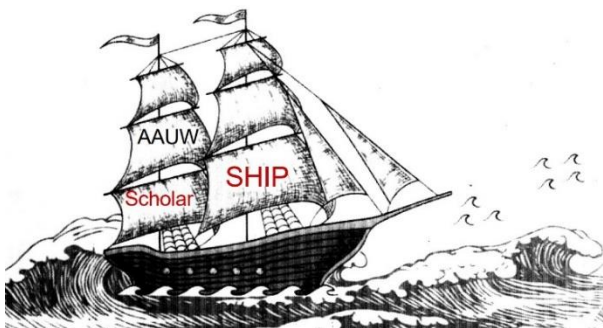
## Members: Share Your Talents!

Contribute to the Members' Art/Talent/Craft program scheduled for March 25. We have a very talented membership, and The Arts Committee wants to showcase the variety. Please submit up to eight photos of your art. Include a brief description and any fun facts about it in a word document. For example, Sharon Larson makes incredible pine needle baskets. She might say where she collects the pine needles, what kind of tree they are from, how long it takes to make a basket, and why she started making them. She would send a few photos of the different baskets.

A PowerPoint presentation will be made to show off our MEMBERS' talents.

Please email up to eight photos, in jpg form, and a Word script to Shari Parsons, [parsons.shari@gmail.com](mailto:parsons.shari@gmail.com) by January 15, 2024. Please put "Member Talent" on the subject line. Questions? Email or call me – 612.718.0846

Shari Parsons, The Arts Committee Chair



## **Lunch Policy**

### **RESERVATIONS**

**Lunch reservations MUST be made or cancelled before noon on the Wednesday before the Monday meeting. If you do not cancel your reservation, you are expected to pay for that meal, as the branch must pay for the meal.**

1. Online system: <https://signup.com/go/XBwepOa>  
**Be sure to click on SAVE at the end**  
**(See more SignUp detail on page 20)**

**OR**

2. Send an email to: [office@aauwmppls.org](mailto:office@aauwmppls.org)

You will receive an email on Tuesday with the list of people who have reserved.

### **CHECK IN**

**General Seating and Guests:** There are two clearly marked “Check-in and Pay” tables (main floor near elevator and lower level near restrooms). Payment accepted at the check-in tables before 9:30 and 10:45 sessions. **If you arrive later than 10:45 a.m.,** please check in at the second-floor office.

**President’s Table:** Check in on the main floor.

**Same-Day Registration:** To make a same-day reservation, put your name on the list at the main floor check-in table as soon as you arrive at the Gale. You will be informed later that day if there is availability. **There will be an extremely limited number of same-day reservations.**

### **PAYMENT**

**Cash** is accepted at the check-in tables.

**Credit cards** are accepted in the second-floor office.

**Checks** are no longer accepted.

At the time of payment, you will receive a wrist band which will signify to the servers that you have paid for lunch.

### **Pricing**

- Monday luncheon: \$20
- Late reservations: \$25

### **TABLE RESERVATIONS**

Lunch tables for Monday may be reserved only if you have guests. Table reservations can only be made at the Arrangements Table in the main floor hallway before 9:30 a.m. on the Monday of your reservation.

Alternative meals: Please request a form for alternative meals from Office Manager Sharon Rauenhurst at 612-870-1661 or at the Arrangements Table. On the day of the meal, pick up your special diet card at the check-in table on the lower floor. Display this card at your table and alert the server to your meal request. If you have made a reservation for a special meal, that will be your meal. Please do not switch meals.

## **Schedule Meetings at the Gale**

Committees or other member groups may schedule meetings at the Gale on days when Office Manager Sharon Rauenhurst is working in the office, usually Monday, Wednesday, and Thursday. The library is available for your use on those days.

## Detailed Instructions for Lunch Reservations

1. Click on **Lunch Reservations** in the weekly branch newsletter.
2. Find the **date** you would like to attend and click the **green sign-up button**.
3. Enter your **email address** (your reminders will come to that email). Click **Continue**.
4. Check that the email address you entered is correct. **If wrong: Click Back. If correct: Click Confirm.**
5. Reserve for yourself: put **1** in “# of Spots” box.
6. To add a guest. Click **Save and Add Another Person**. Put **1** in “# of Spots” box and fill in the guest’s name and information. (You can use your own phone number and email.) Repeat for additional guests.
7. When you are done reserving, click **Save And Done**
8. If you see a series of ads, click on the X in upper right corner to close.
9. The list of dates will appear. Repeat steps 5-7 for additional dates you want to reserve.
10. When you are done, **click on the blue “SAVE” button at the very top of the form.**
11. You will see a list of your reservation dates with the option to print and/or add to your calendar.
12. Cancellation: cancel in SignUp or contact the office [office@aauwmpls.org](mailto:office@aauwmpls.org) or (612) 870-1661 (by noon Wednesday).
13. You will get a reminder email on Tuesday prior to your reservation.

14. If you do not get the emailed reminder: A. Check in your spam/trash folder. B. Go to SignUp and sign up if you are not on the list. C. If you are on the SignUp list, please check with the office – Sharon will help you.
15. **If you forget to cancel, you are responsible for paying for the meal.**

## **Bad Weather Closing of AAUW**

Check your email or call (612)-870-1661 for a recorded message. Bad weather closings will also be announced on the home screen of AAUW

Minneapolis website: [minneapolis-mn.aauw.net](http://minneapolis-mn.aauw.net). If you have a speaker, check the presenter's packet for snow day instructions.

## **Share Unused Toiletries**

Traveling? Free items from your dentist? Freebies from cosmetic purchases? Bring your new toiletries, dental products, and paper grocery bags with handles, and place them in the specially marked boxes in the coat room. For those with little, it means so much.

Lil Lindsey

# Guest Policy

Prospective members and guests may attend up to three meetings each program year.

Reservations: When making a meal reservation for a guest, (either on-line or by email) state your membership status and that of your guest.

Prospective members and guests must register at the Membership Table in the lower level. Guests will receive name tags and be recognized during the meeting.

Table Reservations: To reserve a noon luncheon table with your guest, reservations must be made in person. Check in at the Arrangements Table on the main floor on Monday morning.



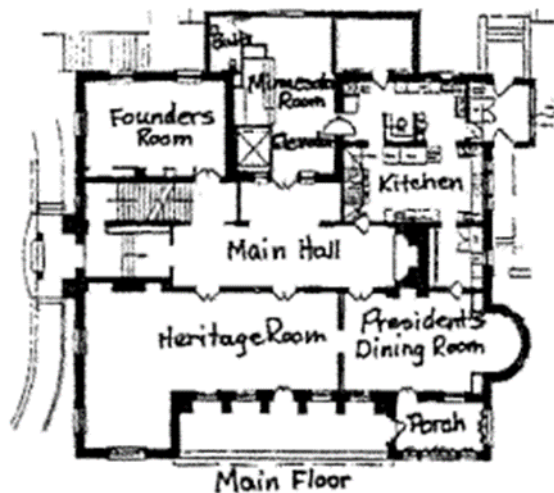
A guest is introduced to the membership.

## Courtesy Requests

To make the AAUW meeting time a good experience for ALL, please:

- Check to see that your cell phone and all other electronic devices are silent.
- Leave the two front rows in the Presidents' Hall on the west side for those with walkers or wheelchairs.
- Leave the last rows for hostesses who need to leave early.
- Leave seats open near the aisles and in the back for those who come late.
- Refrain from talking and whispering as soon as a speaker reaches the podium and during the presentation.
- Be sensitive to distractions caused by bags or containers.
- When asking a question, stand, if you are able, and say your name.
- If you are unable to hear the speaker, please move closer to the front or raise your hand and politely tell the speaker.
- Refrain from unnecessary/lengthy comments.
- Wear only a moderate amount of fragrance or none at all. Some of our members are very allergic to fragrances.
- Sit toward the back if you do needlework or puzzles.
- At lunch, all seats are open.
- Remember that the excellent wait staff appreciate a sincere *thank you* when they serve your meal.

## Gale Mansion Floor Plan





# MONDAY PROGRAMS

**December 4, 2023**

9:30 – 10:30    The Arts

## **Challenging the Perception of Disability**

**Jeanne Calvit**, Artistic/Executive  
Director/Founder of Interact Center for the  
Visual and Performing Arts

Interact Center for the Visual and Performing Arts creates professional theater productions and visual arts exhibitions by artists with disabilities. More than 120 artists/actors, representing the entire spectrum of disability labels and multiple ethnic backgrounds, have transformed their lives through this award-winning organization. Calvit and two of her performing artists will share their inspirational stories.

Presenter: Norma Schuh

10:45 – 11:45    Science and Technology

## ***Half-Life of a Secret: On Researching and Writing a Secret History***

**Emily Strasser**, Writer

Strasser's memoir *Half-Life of a Secret: Reckoning with a Hidden History*, follows the

author as she confronts the toxic legacies of secrecy—familial, environmental, global—arising from her grandfather’s work building nuclear weapons in Oak Ridge, Tennessee. Strasser will discuss her journey to uncover and make sense of his buried history. She reveals secrecy within her family and the nuclear industry, which persists, with grave consequences, to this day.

Presenter: Karen Ringsrud

11:45 Announcements  
Luncheon

1:15 – 2:15 Environment

## **How To Talk Intelligently About Sustainable Energy**

**Edward Cussler**, Professor Emeritus of  
Chemical Engineering, U of M

Energy, the core of the industrial revolution, continues to drive our society. But the coal, oil, and natural gas which have driven this revolution will soon be depleted. Anticipating that time, we will review what is feasible, but not mandate what we should do.

Presenter: Linda Lewis

**December 11, 2023**

**HOLIDAY LIGHTS**

**9:30 – 10:30**

**Social Time with Homemade Cookies**

**10:45 – 11:45 Cantus**

Cantus is coming to our stage! As one of only two full-time U.S. vocal ensembles, Cantus has come to prominence with its distinctive approach to creating music. Working without a conductor, the eight male members rehearse and perform as chamber musicians. As the Star Tribune has written: “The main hallmark of the Cantus sound has always been sheer quality and an unbroken belief its music warms and invigorates the human spirit.” Integral to Cantus’ mission is a commitment to preserve and deepen music education in the schools.

**12:00 Luncheon**

**1:15 – 2:15: SubText Bookstore of St. Paul**

Sue Zumberge will suggest great holiday gift books. The books are available for purchase.

**GUESTS ARE WELCOME**

Reservations are open November 13 until full.

Ticket Price – **\$25** – cash preferred.

**Annual lunch reservations do NOT apply.**

Open seating at tables.

Gini Hickman and Pat Day,

## Holiday Lights Co-chairs



## Cantus

## January 8, 2024

9:30 – 10:30 Health

### **Fragility...It's a Medical Diagnosis**

**Jennifer Olson, M.D.**, Retired Park Nicollet Geriatrician, AAUW member.

Skydiving at 104 years old? Explore the complexities of aging: fatigue, diseases, diagnoses, and slowing down. How can we be proactive to avoid frailty and how do we treat frailty? Olson will share recommendations for successful aging.

Presenter: Carrie D'Andrea

10:45 – 11:45 Environment

### **Understanding Minnesota's Changing Climate**

**Dr. Kenneth Blumenfeld**, Senior Climatologist, Minnesota Department of Natural Resources, State Climatology Office, Division of Ecological and Water Resources

Minnesota's climate, famous for its extremes, is experiencing changes unlike anything previously observed. Blumenfeld breaks down observed trends in the regional climate to its essential points, emphasizing the rapid rate of winter warming, ongoing changes in precipitation, and how these changes differ from other parts of the continent and world. He will also discuss future

climate scenarios, and the implications for actual conditions the region may experience.

Presenter: Kay Kessel

11:45 Announcements  
BUSINESS MEETING  
Luncheon

1:15 – 2:15 Literary Pursuits

**“The Modern American Mystery Novel is the  
Most Important Literature Being Written  
Today.”**

**David Housewright**, Mystery Writer

Housewright self-published his first novel (using a hand-cranked printing press given to him by his parents) when he was ten years old, a highly autobiographical tale called *Swinging Danger*. His second novel, *Penance*, published 30 years later, was the winner of the 1996 Edgar Award for Best Novel from the Mystery Writers of America. Housewright has now published 28 novels. *In A Hard Wind* is his newest novel.

Presenter: DeDe Scanlon

**January 15, 2024**

9:30 – 10:30 Education

**Autistic Experiences of "Stimming": Results  
from a Participatory Research Project**

**Isabelle Morris**, Doctoral Student at University of Minnesota Institute of Child Development. She is currently completing a MN Leadership Education in Neurodevelopmental and Related Disabilities (MNLEND) Fellowship.

Participatory research is an approach to research in which community members co-conduct research alongside academic researchers. This presentation describes the process of building one such project: Research on Autism, Driven by Autistic Researchers (RADAR). RADAR's first research study focused on gathering autistic adults' perceptions and experiences of repetitive, self-stimulatory "stimming" behaviors using a mixed methods approach. Results from this study will also be discussed.

Presenter: Lora Opsahl

10:45 – 11:45 Public Policy

**Minnesota Association of Black Lawyers'  
Mission**

**Dana Mitchell**, President, MN Association of Black Lawyers, and Deputy Attorney General of Minnesota

Mitchell will speak about the mission and legacy of the Minnesota Association of Black Lawyers, founded in 1995. She will explain her work as MN Deputy Attorney General, where she provides inclusive, innovative, and collaborative leadership. We will hear about the most recent challenges at the Attorney General's office. Attorney General Keith Ellison said, "Dana, a Minnesotan with deep roots here, is deeply committed to the people of our State."

Presenter: Veronica Johnson

11:45 Announcements  
Luncheon

1:15 – 2:15 The Arts

**Who Are We? What Are We? Redefining  
Museums in the Age of COVID, George  
Floyd. and Before**

**Lyndel King**, Director Emerita Weisman Art  
Museum, U of M

Art museums are facing serious questions of identity. It was the election of Donald Trump that accelerated the questions of who are we, why are we here, and what are we for. Events in the last few years have exacerbated and perhaps changed the answers forever for museums, altering their missions and visions. King will discuss the issues and how they affect museums.



Presenter: Anna Bonavit



Baby kissing Pig: Our speakers have many interesting topics!

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*We will not be  
remembered by our words,  
but by our own kind  
deeds.*

**January 22, 2024**

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

Please see the Bulletin **pages 15 and 16**

**Literature Discussion**      Heritage Room

***The Dictionary of Lost Words***

By Pip Williams

Discussion Leader: Mollie Keys

This novel is a delightful and thought-provoking celebration of words and the power of language to shape the world. It tells the story of the Oxford English Dictionary's compilation through the fictional Esme, daughter of one of the men working on it, and her interactions with characters based on the real men and women behind the book. This novel is set during the height of the women's suffrage movement!

**Travel**      Presidents' Hall

Topic: **An Adventure in Argentina**

Leader: Judy Romlin and Laura King

Join Laura and Judy as they travel 5,900 miles to Buenos Aires and El Calafate, Argentina. Enjoy photos of great architecture, wonderful food, and a view of the Chalten ice cap on the southern tip of South America.

**Beading**      President's Dining Room

Leader: Ann Vanvick

Ann will assist you in making a one-of-a-kind beaded name tag (or glasses/mask holder) for yourself at the low price of \$5. Or you can make one to be sold to raise funds for our branch.

## **Hot Topics**

Founders Room

Leader: Lil Lindsey

Join us for a lively interactive discussion on newsworthy events and more.

10:45 – 11:45 Science and Technology

## **Advancements in Oncology Care**

**Anne Blaes, PhD**, Professor of Hematology and Oncology, U of M, and Director of Cancer Survivorship Services, Masonic Cancer Center

Millions of women worldwide struggle daily with cancer and its devastating effects on our bodies, family life and community. In the last few years, advancements in clinical oncology, along with screening techniques, etiology, and survivorship programs, have given new hope to women in this struggle. Blaes will share her experience and expertise in survivorship advancements, with special emphasis on cancer developments affecting women.

Presenter: Ruth Andersen

11:45 Announcements  
Luncheon

1:15 – 2:15     Equity and Inclusion

## **Being a Force for Good in the World**

**Jeannette Vickman**, Good Grocer

Good Grocer, a nonprofit, volunteer-driven grocery, has discovered innovative ways to tackle food insecurity in its neighborhood, create community, and inspire the next generation. Vickman will help us learn about several nonprofits in Minneapolis that are trying to creatively think about how to empower under-resourced individuals and inspire future generations to be sources for good in the world.

Presenter: Betsy Parks



Denny Scharlemann carrying one of the boxes of clothing collected by our clothing drive.

**January 29, 2024**

**Focus Day - Living Your Best Life**

9:30 – 10:30

**Laughter, the Second-Best Medicine.  
Maybe the Third.**

**Mark DePaolis**, Physician, Writer, and TPT  
Almanac's Humorist

After practicing almost 40 years as a Family Medicine doctor, DePaolis will share his observations on life and medicine, giving us humorous second opinions. His first book was *Trust Me, I'm a Doctor*, followed by *Are You A Real Doctor?*, a question he gets from friends, patients, and the State Board of Medicine. Come laugh and be happy.

Presenter: Jennifer Olson

10:45 – 11:45

**Blue Zones – or Life in Balance**

**Cathy Malakowsky** Director of Community  
Engagement and Enrichment, Albert Lea, MN

In 2008, Dan Buettner published *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest*. A year later, the city of Albert Lea became the pilot project for adopting Blue Zones strategies to improve a

community's well-being. Based on its success, Albert Lea in 2016 became the first Blue Zones certified community in the United States. Malakowsky will explain what projects were instituted, what worked, how the community embraced these programs, and the results they have achieved.

Presenter: Jennifer Olson

11:45 Announcements  
Luncheon

1:15 – 2:15 **Finding Balance in Your Life**

**Lynn Nelson**, Twin Cities Public Relations  
Consultant

Nelson will explore the six dimensions of wellness: intellectual, spiritual, vocational, emotional, social and physical. She will talk about ways to predictably allocate the time we wish to devote to each so that we all have time to partake of our passions. This presentation is based on her book, *Getting Your Life into Balance*.

Presenter: Rosemary Lawrence

**February 5, 2024**

9:30 – 10:30    The Arts

**All That Jazz**

**John Toren**, Editor, Writer

You may think you like - or don't like - jazz music. Toren will help you find artists that you love, and he will help you learn about the various subgenres of jazz, including bebop, swing, free jazz, fusion, and modal jazz. You will also hear excerpts from a few classic jazz cuts.

Presenter: Kim Palmer

10:45 – 11:45    Empowering Women

**Passionate About Women's Leadership in  
Health Care**

**Emily Piper**, Chief Legal, Advocacy and  
Compliance Officer, Hazelden Betty Ford

Piper, a lawyer, is passionate about advancing the role of women in leading and shaping health care policy. In her role at Hazelden Betty Ford, and as a trustee and chair of the Governance Committee of the Blue Cross & Blue Shield of MN Board of Trustees, she has had struggles and successes. She will share her journey with us.

Presenter: Dede Scanlon

11:45 Announcements  
Luncheon

1:15 – 2:15 Literary Pursuits

**Place is Personal: Writing Women's History  
from Wisconsin to the  
North Shore of Minnesota**

**Staci Drouillard**, Author

Place is personal for Drouillard, whose stories about the lives of her seven aunts -- German and English -- Ojibwe and French -- take readers from farm country in central Wisconsin, to Minnesota's Iron Range and the deep, dark woods of Lake Superior's North Shore.

Presenter: Vicki Dunn

**IT'S NOT WHAT YOU  
GATHER, BUT WHAT YOU  
SCATTER THAT TELLS  
WHAT KIND OF LIFE YOU  
HAVE LIVED!**



**February 12, 2024**

9:30 – 10:30    Long Range Planning

**What Will the Minneapolis Branch Look Like  
in Ten Years?**

**Sheila Lind** – Chair of Long-Range Planning  
Committee

Let your voice be heard! Today we will talk about the results of membership discussions in October that are being developed into a long-range strategic plan for the Minneapolis Branch. Share your thoughts about what future strategies may help our branch continue to be relevant and mission driven.

Presenter: Sheila Lind

10:45 – 11:45    Equity and Inclusion

**Antisemitism and White Nationalism Today**

**Brandon Schorsch**, Jewish Community Action

Antisemitism, like other forms of marginalization, is about far more than slurs or personal hatred. It is a structure of ideas and myths that impact our contemporary society. Are you curious about how 2000-year-old religious doctrines and 19th century concepts of

nationalism collide? Have you ever wondered why many conspiracy theories look the same?

Presenter: Janet Triplett

11:45 Announcements  
BUSINESS MEETING  
Luncheon

1:15 – 2:15 Public Policy

**Gun Violence Prevention in Minnesota:  
New Laws and What's Next**

**Maggiy Emery**, Executive Director, Protect Minnesota

Protect Minnesota is the only state-based, state-wide gun violence prevention organization in Minnesota. Executive Director Maggiy Emery will share the current landscape of gun violence in Minnesota. She will discuss what recently passed laws will do to address gun violence and next moves, legislative and otherwise, for preventing gun violence in Minnesota.

Presenter: Veronica Johnson

**February 19, 2024**

9:30 – 10:30    Environment

**Resilient Yards for People, Pollinators and  
Clean Water**

**Laura Scholl**, Executive Director, and **Jennifer Ehlert**, Vice President and Co-Director of Metro Blooms

We all have a stake in clean air, land, and water. Join Metro Blooms to learn about taking action in your own yard (or on your balcony!) to support pollinators and clean water. They will share expertise, examples, resources, and ways to support Metro Blooms to ensure all communities have access to the resources we need to care for our earth, together.

Presenter: Barb Swanson

10:45 – 11:45    Literary Pursuits

**Sherlock Holmes Collections, U of M**

**Tim Johnson**, Curator of Special Collections and Rare Books, U of M Libraries

Did you know that the U of M holds the world's largest collection of materials related to Arthur Conan Doyle's greatest detective Sherlock Holmes? The collection began 50 years ago. Johnson will share some highlights of the

collection which we hope to tour during their anniversary celebration this summer.

Presenter: Wendy Woodfill

11:45 Announcements  
Luncheon

1:15 – 2:15 Science and Technology

## **Rewiring the Brain to Treat Substance Abuse**

**Dr. Jazmin Camchong**, Assistant Professor,  
Institute for Engineering in Medicine, College of  
Science and Engineering, University of  
Minnesota Medical School

Camchong will talk about research on cognitive training and neuromodulation to support abstinence in alcohol use. She will also mention further experimental research on drug addiction and anorexia.

Presenter: Ellen Hughes

**February 26, 2024**

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

**Please see the Bulletin **pages 15 and 16.****

**Non-Fiction Book Discussion**      Founders Room

***The Sewing Girl's Tale: A Story of Crime and  
Consequences in Revolutionary America***  
by John Wood Sweet

Discussion Leader: Carol Sheldon

A young sewing girl in colonial America is raped by a member of the upper-class, which was quite common in the late 1700s. She bravely accuses him of the crime and has him charged. The book highlights the hierarchy of that period and how the power of white men shaped our laws. A riveting Revolutionary Era drama of the first published rape trial in American history and its long, shattering aftermath, reveals how much has changed over two centuries—and how much has not.

**Literature Book Discussion**      Heritage Room

***Lessons in Chemistry***  
By Bonnie Garmus

Discussion Leader: Kathleen Chesney

How does a woman negotiate the mid-20<sup>th</sup> century, male-dominated world of chemistry? Well, there are knives involved. Also, lots of smarts and an award-winning cooking show.

**Understanding Indonesia**

Leaders: Ruth Andersen, Marilyn Listvan

Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and an economic driver of Asia, why does it fly below the radar? What are the current issues in U.S./ Indonesian relations, and what role might our country play in Asia? Join us for a lively discussion and video.

Knitting

Dining Room

Leader – Wendy Woodfill

Wendy Woodfill will share her knitting expertise. Bring your own knitting and ideas to share.

10:45 – 11:45      Equity and Inclusion

***Crooked: A Roaring 20s Political Scandal***

**Nathan Masters:** United States Historian, Author of *Crooked*, and Host of Award-winning Television Series about Los Angeles History.

Masters' thrilling historical nonfiction book, *Crooked*, shows how the political scandals of the 1920s set the stage for the next century of wrongdoings which we encounter in American

politics today. The author has researched the lives of murderers, con artists, secret lovers, bootleggers and otherwise corrupt politicians. Although these events happened decades ago, the book brings to mind some of our current political behaviors.

Presenter: Karen Swigart

11:45 Announcements  
Luncheon

1:15 – 2:15 Health

### **Nursing: The State of the State**

**Hattie Idalski**, RN, MSN, MN Nurses  
Association, Nursing Practice Specialist

Nurses are caring and trusted individuals. Often they feel called to their profession and find purpose in their work of helping people. So why are so many nurses leaving the bedside? We will take a brief look into why the nursing profession may be in danger, what put them on this trajectory, and what we can do to support our nurses so they can continue to care for us.

Presenter: Karen Ringsrud

### ***Membership Data Updates***

#### **Winter (cont.)**

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