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**WELCOME
ALL**

FROM OUR PRESIDENT



Greetings wonderful members of AAUW-Minneapolis Branch!

Welcome to the start of a new year of programs and AAUW activities filled with exciting opportunities, growth, and community involvement. As we embark on this journey together, I am honored and thrilled to serve as your president.

One of the themes for this year will be CONNECTEDNESS. How can we connect with each other and offer our connections to our community? Human beings are inherently social. Meaningful connections are not just a luxury; they are a foundational element of a healthy, fulfilling life. Whether you're building friendships, family bonds or professional networks, investing in relationships is one of the most rewarding things you can do. What are the benefits and importance of these connections?

- Emotional and mental well-being
 - 1.Support system – Friends and family offer comfort, empathy, and reassurance during tough times.
 - 2.Reduced stress and anxiety
 - 3.Increased happiness- stimulate feel good hormones
 - 4.Greater resilience

- Physical Health
 1. Longevity
 2. Better immune function
 3. Healthier habits
- Personal Growth
 1. Exposure to new ideas, cultures and ways of thinking
 2. Self- awareness
 3. Confidence- supportive relationships building self -esteem and courage
- Professional Success
 1. Networking often opens doors to collaborations and partnerships.
 2. Teamwork enhances cooperation and productivity.
- Sense of Belonging and Purpose
 1. Feeling part of a group provides a sense of identity and shared purpose.
 2. Being accountable to others encourages you to set and achieve meaningful goals.
 3. Helping and supporting others fosters a sense of usefulness and fulfillment.

Where can I find these connections? Right here at Minneapolis Branch AAUW! We offer the opportunity to connect with other women and men who are looking for groups where they can grow, learn, and serve others while building their own connections. Our weekly programs, Out and About activities, outreach programs, and discussions give you the chance to explore these connections. And you will be healthier both physically and emotionally while growing and

finding professional and personal success along with a purpose in life.

I plan to continue my mantra of “Don’t ask what AAUW can do for you,” but rather “What can you do for AAUW?” It is critical that all members contribute in their own ways to our organization, thus ensuring our success in the years to come. If everyone serves in some capacity such as being a part of a committee (you don’t need to be the chair), help with mailings, staff the library, or decorate for the Gala, we will be successful. If you can give **AAUW one hour per week beyond the Monday meetings**, we can be the best organization around the metro area. I really appreciate all your efforts and volunteer time. And you will have made connections which are so vital to our lives.

Becky Farber

President

Minneapolis Branch 2024-2026



PAST PRESIDENTS

Sheila Lind, Barbara Link, Mary Heller, Lois
€ Petersen, Diane Boruff, Shari Parsons, Julie Ollila,
Ann Vanvick, Carol Sheldon

OFFICERS OF THE BRANCH

Executive Committee

2025-2026

President	Becky Farber
Membership Co-Vice Presidents	Nancy Sjoquist Chris Stromgren
Program Vice President	Jan Mosman
Marketing Vice President	Gini Hickman
Development Vice President	Nell Wegmann
Treasurer	Marilyn Listvan
Secretary for Recording	Ann Roach
Director at Large	Lois Demers

MEMBERSHIP

One of the most frequently cited reasons for being a member of Minneapolis AAUW is the programs. Our speakers are incredible experts in their fields.

1. Our programs present a door to the arts in the Twin Cities. Architects, painters, photographers, and writers all share with us the wonderful works they create.
2. Our programs inspire us as we learn about the many organizations working to make our community a better place.
3. Our programs introduce us to scientific research that is pushing the envelope in so many different areas.
4. Our programs introduce us to women who are making a difference in our world.

Share your good fortune in being a member of Minneapolis AAUW with a friend. New member dues are \$257 for the first year. For more information or for a membership application go to <https://minneapolis-mn.aauw.net> email: office@aauwmpls.org, or call 612-870-1661.

Nancy Sjoquist, Membership Co-chair
Chris Stromgren, Membership Co-chair

SCHOLARSHIP FUND OF MINNEAPOLIS BRANCH AAUW

Our AAUW Minneapolis Branch scholarships were set up to advance equity for women and girls through education. The Fund was established in 2000 and the first scholarship was awarded in 2001.

The purpose of the scholarships is to enable young women from Minneapolis public high schools to attend college. Our scholarship recipients may receive this award annually through their four years of college as long as they remain in good standing. Each scholar is partnered with a mentor who works with her for her four years of study. We think the mentorship program has been very important in the high graduation success of our scholars.

Thirty-five women graduates from Minneapolis Public Schools have completed four years of college with the help of this branch's AAUW Scholarship Fund. Because of the continuing generosity of our members, in 2025-2026, we will be supporting 19 scholars.

Tax deductible contributions may be designated for current use or for the endowment to ensure continuation of the fund into the future.

Members may also designate the AAUW Minneapolis Branch Scholarship Fund in their estate planning.

Carol Sheldon, Chair

SAVE THE DATE

Sept 13 to May 11 Toiletries collection

Oct 29 The Gala *Impacting the Journey for
Women and Girls*
Metropolitan Ballroom

Dec 15 Holiday Lights



Dancing
to
'Elvis'

AAUW PROGRAM TOPICS

- The Arts
- Education
- Empowering Women
- Environment
- Equity/Justice/Inclusion
- Health
- Literary Pursuits
- Public Policy
- Science & Technology

International Days and Focus Day

- Sept 29 International Day
Greenland and Denmark
- March 30 Focus Day
Food for Thought
- April 27 International Day
India



Oh, the things you see at AAUW

INTEREST GROUPS

Fourth Mondays at 9:30 a.m.

Great Decisions and Travel alternate monthly.

Fiction book discussions meet most months.

Nonfiction discussions and Hot Topics alternate monthly.

Book Discussions

Fiction: Julie Ollila

Heritage Room

Nonfiction: DeDe Scanlon

Founders Room

The list of books selected for this year are on pages 12-14 of this Bulletin. Discussion of the book is facilitated by a branch member.

Great Decisions

Presidents' Hall

Leader: Ruth Andersen

Great Decisions topics are about the most critical issues of the year ahead for global policy makers. We will explore topics of current concern with input from videos and discussion.

Hot Topics

Founders Room

Leader: Lil Lindsey

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

Travel

Presidents' Hall

Leader: Kate Johnson

Members travel all across the globe. Join us as they share their experiences.



BOOKS

Fiction

October	<i>The Briar Club</i> Kate Quinn
November	<i>The Frozen River</i> Ariel Lawhon
January	<i>Lone Dog Road</i> Kent Nerburn
February	<i>There Are Rivers in the Sky</i> Alis Shafak
March	<i>A Lesser Light</i> Peter Geye
April	<i>James</i> Percival Everett

Nonfiction

October	<i>On the Hippie Trail: Istanbul to Kathmandu and the Making of a Travel Writer</i> Rick Steves
January	<i>Hidden Recipes: A Holocaust Memoir</i> by Eva Moreimi

March *The In-Between: Unforgettable
Encounters During Life's Final
Moments*
By Hadley Vlahos, RN

Mystery Book Club books

All Mystery Book Club meetings are on Zoom.
Please look for the link in the Zoom invitation
email.

September 24 3pm *The Crossing Places*
by Elly Griffiths
Leader: Ann Vanvick

October 22 3pm *The Searcher*
by Tana French
Leader: Pam Swarts

November 19 3pm *And There He Kept Her*
by Josher Moehling
Leader: Sheila Lind

Books By Authors Speaking

September 22 *I Am Nobody's Slave*
by Lee Hawkins
Equity/Justice/Inclusion

October 13 *Dodge County, Incorporated: Big
Ag and the Undoing of Rural America*
by Sonja Trom Eayrs
Public Policy

November 3 *The Big One: How We Must
Prepare for Future Deadly Pandemics*

by Michael Osterholm

Science and Technology

December 1 *Aging but Dangerous*

by Jean Ketchum

Literary Pursuits

February 2 *Lies I Taught in Medical School*

by Robert Lufkin

Science and Technology

February 23 *The Cello Still Sings*

by Janet Horvath

Literary Pursuits

March 23 *Frostbite: How Refrigeration
Changed Our Food, Our Planet, and
Ourselves*

by Nicola Twilley

Science and Technology

April 20 *Lone Dog Road*

by Kent Nerburn

Literary Pursuits

THE GALA

Wednesday, October 29, 2025

The Gala is an evening to enjoy friendship, to raise money and to support our goals. Connecting over dinner, music and conversation is a wonderful way to renew old friendships and to make new ones. Celebrating the success of our scholarship program is both a meaningful and exciting reason to attend. The Gala Committee, led by co-chairs Rita Britton and Laura King, has worked diligently this past summer to create a lovely evening. Let's show our support for the committee by attending and making the Gala 2025 a great party and a major success. The success of our Gala 2025 will impact many young women, who will pursue education as a way to make our world a better place.

Let's support this! Buy a ticket! Invite a friend! Connect and celebrate!



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MONDAY PROGRAMS

OPENING DAY

September 15, 2025

9:15-10:00

Dining Room

Welcome Back Coffee and Teatime

Reconnect with friends and visit with new acquaintances about current events and what will be featured this year at AAUW's Minneapolis branch. Treats and beverages will be offered in the first-floor dining rooms, along with a printout of upcoming topics and notes on special Monday schedules.

10:15 – 10:45

Introduction Of Past Presidents

10:45 – 11:45

**Citizen Involvement in Local Government in
a Time of Political Polarity and Apathy**

Dr. Ron Case, Mayor of Eden Prairie

Case will discuss opportunities for citizens to make a difference in their communities. And yet the pressures of our world today negatively impact people's inclinations to get involved. Decision making gets relegated to narrow pluralities of fringe movements. Our only hope to preserve democracy is to educate the electorate to choose leaders who will work for the greater good.

Presenter: Jan Heinig Mosman

11:45 Announcements

Luncheon

1:15 – 2:15

Peggy Flanagan, Lieutenant Governor, State of Minnesota

Flanagan will describe her journey to becoming the highest ranking Native American woman elected to executive office anywhere in the United States government. She will tell us how and why she has the courage and self-confidence to succeed.

Presenters: Becky Farber, Linda Rebane

**"Welcome back! We missed you
and are glad you're here."**

September 22, 2025

**9:30 – 10:30 Fourth Monday Interest
Groups**

Please see the Bulletin page 11.

Great Decisions

Presidents' Hall

International Cooperation on Climate Change

This video will highlight the global challenges of the modern era and the extremely important consequences for earth's livability. Political developments since 2016; the impact of COVID 19 restrictions on diversion of resources; and the Ukrainian-Russian conflict's effect on EU's climate goals are also highlighted in the video. Join the discussion on how rising geopolitical tensions and challenges of climate can be mitigated.

Discussion Leaders: Marilyn Listvan, Sharon Eian, Ruth Andersen

Hot Topics

Founders Room

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

Leader: Lil Lindsey

10:45 – 11:45 Equity/Justice/Inclusion

I Am Nobody's Slave

Lee Hawkins, Author

Minnesota native and 2022 Pulitzer Prize finalist Lee Hawkins, whose new debut has earned Oprah Daily praise and starred reviews from *Kirkus* and *Library Journal*, unpacks the gripping journey behind *I Am Nobody's Slave*. Blending investigative reporting with intimate family history, he traces four centuries of resilience of one Jim Crow-affected Black American family, urging us to confront America's unfinished work of equity and justice. Presenter: Lil Lindsey

11:45 Announcements
Luncheon

1:15 – 2:15 Education

The More Things Change ...

Linda Wallenberg, 2025 Minnesota Teacher of the Year

After nearly five decades, Wallenberg has seen unprecedented challenges in the classroom. With information readily available online, some ask if

we can just get rid of classroom learning. But actually, Wallenberg insists we need classrooms more than ever. Students still want to belong, matter, and find their purpose. There is no better place than our classrooms to help young people find hope.

Presenter: Diane Boruff



Sounds of Silver treated us to musical notes of the flute.

September 29, 2025

INTERNATIONAL DAY

GREENLAND AND DENMARK

9:30 – 10:30

The Making of Modern Denmark

Niels Korsholm Billund, Nurse, Freelance Teacher and Lecturer about Danish History and Culture

Rich in relics that predate the Viking Age (700-1050 CE), Denmark also lays claim to being the oldest continuous royal kingdom on earth. But it became the modern, open society of today through the influence of NFS Grundtvig, who championed the people's voice and the concept of "Danishness." Denmark's social, education, and health systems are based on philosophical roots of good-heartedness, shared wealth, and social responsibility.

Presenter: Kate Johnson

10:45 – 11:45

The Phenomenon of Danish Modern Design

Steven Swanson, Founder, Danish Teak Classics

After World War II, there was excitement about a new, simpler look for our living environments. Scandinavian artists and craftspeople looked to nature as a source of materials and also patterns for interior designs in all materials: wood, glass, wool, cotton, ceramics and more. Swanson will highlight examples of the major designers, many of which you can see in his NE Minneapolis showroom Danish Teak Classics.

Presenter: Kate Johnson

11:45 Announcements
Luncheon

1:15 – 2:15

Focus on Greenland

Marie and Stig Jacobsen

Greenland is the world's largest island, mostly covered by ice. Today it is front and center on the world stage as attention is drawn to the mineral riches on the island and the possibility of new shipping routes opening up as Arctic ice melts. It was originally settled by Inuit people from the North, and for many years it was part of the kingdom of Denmark. Greenland acquired Home Rule in 1959.

Presenter: Kate Johnson

October 6, 2025

9:30 – 10:30 Science and Technology

**Weird Galaxies and Wonderful Animals:
Why Big Data Needs Crowdsourcing to Find
the Unusual in the Universe**

Dr. Lucy Fortson, Professor, School of Physics
& Astronomy, University of Minnesota

What do galaxies, lions, and ancient texts from the Cairo Geniza have in common? Each of these has too much complex data for researchers to properly analyze. Therefore researchers have turned to the public to ask for help. Zooniverse is a citizen science platform for people-powered research and is home to some of the Internet's largest, most popular and most successful citizen science projects.

Presenter: Marilyn Listvan

10:45 – 11:45 The Arts

Life with Dudley Riggs

Pauline Boss, Professor Emeritus of Family
Social Science, University of Minnesota

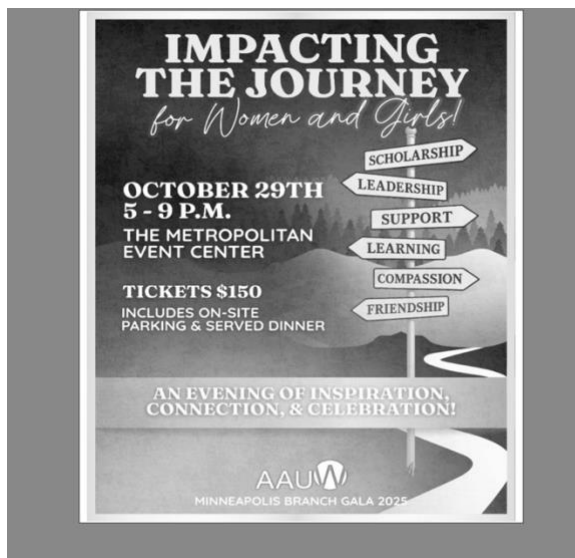
Boss, former president of the National Council on Family Relations, was married to Dudley Riggs for 32 years. She will discuss his book *Flying Funny*, and share highlights of her life with him. Questions will be welcome; answers, we'll see.

Presenter: DeDe Scanlon

11:45 Announcements
Luncheon

1:15 – 2:15 No scheduled program
Check the newsletter for activities/committee meetings.

THE GALA



Support the Silent Auction to help our
branch and our scholars!

October 13, 2025

First Nations Day

9:30 – 10:30 Public Policy

**How the Minnesota Legislature Works and
Ways You Can Be Involved Effectively**

Ann Johnson Stewart, MN State Senator,
District 45

Johnson Stewart will demystify how the Minnesota State Legislature works and describe ways AAUW members can be involved to effectively influence policymaking and legislation. As an educator, civil engineer, and former small business owner, she brings a wealth of experience to her role. Her engaging presentation will motivate us to be active in our state politics.

Presenter: Patty Phillips

10:45 – 11:45 Scholarship Board

**What is the Scholarship Board and What
Does It Do?**

Scholarship Board Members

The Scholarship Board members will tell us about the workings of the group: communication with the schools, application format and

evaluation, the interview process and the final choice of award winners. We will also explain matching of mentees and mentors and the mentors' responsibilities for following the scholar's progress. A new movie prepared for use by the scholarship fund will be shown.

Presenter: Carol Sheldon

11:45 Announcements

Business Meeting

Luncheon

1:15 – 2:15 Empowering Women

Two Minnesota Athletes and the Road to Title IX

Sheri Brenden, Author, *Break Point*

Peggy Brenden, Former High School Athlete,
Retired Judge

In 1972, as teenagers, the Brendens took on the unequal system of high school athletics, setting a legal precedent for schools nationwide and unlocking the gates to an arena previously constructed with only one gender in mind.

Author Sheri Brenden and her sister Peg Brenden will share the story based on their research and lived experience.

Presenter: Cathy Richlovsky

October 20, 2025

9:30 –10:30 Literary Pursuits

Dealing with Ghosts and Spirits

Renée Valois, Author

Renée Valois is an award-winning writer whose fiction includes *The Devil and the Diva* and *Collecting Spirits*. Valois will inform us of true stories of paranormal encounters. Learn why some spirits stay earthbound, where they like to hang out, and what they can do. Find out how to deal with troublesome ghosts and how to interact with spirits (if you want to).

Presenter: DeDe Scanlon

10:45 – 11:45 Health

**Parental Stress and Mental Health
Impacting Families**

Jennifer Knapp, Board Member, National Alliance of Mental Illness (NAMI)

In 2024, the US Surgeon General released his *Advisory on the Mental Health & Well Being of Parents: Parents Under Pressure*. The experience of raising a child, while bringing purpose along with experiences of joy and love, can involve challenges and stress. When severe, stress can increase the likelihood of mental health challenges. NAMI is dedicated to

improving the lives of children and adults with mental illnesses.

Presenter: Jennifer Olson

11:45 Announcements
Luncheon

1:15 – 2:15 Public Policy

Dodge County: Big Ag and the Undoing of Rural America

Sonja Trom Eayrs, Attorney and Rural Advocate

Eayrs provides an insider's account of how Big AG's corporate restructuring of rural areas and their policies impacted the political, economic, and cultural fate of one rural community. She describes the dramatic legal battle her family fought against officials in Dodge County, MN to prevent installation of a factory farm next to their intergenerational family farm.

Presenter: Patty Cole

**Remember –
No matter the
forecast, live like it's
spring**  

October 27, 2025

9:30 – 10:30 Fourth Monday Interest
Groups

Please see the Bulletin **page 11**

Travel

Presidents' Hall

Off the Beaten Track

Speaker: **Scott Mayer**, Travel Guide

Mayer will explain how you can transform brief visits to American cities into memorable experiences by exploring the people and venues that make each town or city distinctive. Mayer has guided groups to Las Vegas, Sarasota, and NW Arkansas, and he provides travelers with a perspective on each location that diverges from the conventional. Mayer will showcase instances of unexpected delights at his favorite destinations, but show you how to find them wherever you travel.

Discussion Leader: DeDe Scanlon

Fiction Book Discussion

Founders Room

The Briar Club
by Kate Quinn

Set in 1950 Washington, DC, we are introduced to the renters in an all-female boarding house. There is a mystery to solve, intriguing

friendships and former lives to discover all while revealing the prejudices of the times. The author entertains us while thoughtfully intertwining snapshots of women's social and political lives in postwar America.

Discussion Leader: Sheila Lind

Nonfiction

Heritage Room

*On the Hippie Trail: Istanbul to Kathmandu and
the Making of a Travel Writer*
by Rick Steves

In the 1970s, the ultimate trip for any backpacker was the storied "Hippie Trail" from Istanbul to Kathmandu. A twenty three-year-old Rick Steves made the trek, and like a travel writer in training, he documented everything along the way. The experience ignited his love of travel and forever broadened his perspective on the world.

Discussion Leader: Lynn Hjelmeland

10:45 – 11:45 Environment

Our Mighty but Imperiled Mississippi River and How We Can Save It

Whitney Clark, Executive Director, Friends of the Mississippi River

The Mississippi River is one of the great rivers of the world and a complex ecosystem of global

significance. It is also our hometown river and the heart of our cultural landscape. Today the river is healthier and better appreciated, although numerous threats remain. Climate change, habitat loss, pollution from agricultural and urban sources, and redevelopment that threatens the public values of the river are still major challenges.

Presenter: Diana Kamp

11:45 Announcements
Luncheon

1:15 – 2:15 Special Program

Somali Community Resettlement Services

Ifrah Abdullahi, Manager, The Gale Mansion
Channi Abdulkadir, Assistant Manager, The Gale Mansion

SCRS (Somali Community Resettlement Services) is our landlord at the Gale Mansion. What is this organization? What is its history? The Gale Mansion was our home but things have changed. What challenges has SCRS faced since buying the building? How does their staff prepare for us each Monday? Abdullahi and Abdulkadir, employees of SCRS, will give us background on SCRS and let us know how ownership is working out.

Presenter: Becky Farber

November 3, 2025

9:30 – 10:30 Empowering Women

Reciprocity Required: Intercultural Relationships Between Women

Jayne K. Sommers, PhD Organizational Leadership, Policy, and Development

Relationships between women are vitally important within academia. Cultivating authentic intercultural relationships with white women within higher education is often challenging and emotionally taxing for women who hold historically excluded racial identities. Based on findings from interviews with Black women within higher education, this presentation will explore the characteristics of mutually beneficial and reciprocal relationships between women who hold differing racial and/or cultural identities.

Presenter: Kim Krohn

10:45 – 11:45 Science and Technology

The Next Pandemic: Are We Ready?

Dr. Michael Osterholm, Regents Professor, Division of Environmental Health Sciences, Director of the Center for Infectious Disease Research and Policy, UMN

Osterholm will talk about all aspects of infectious diseases and vaccines amid the current issues related to COVID. This will be in an informal interview format.

Presenter: Ellen Hughes

11:45 Announcements
Luncheon

1:15 – 2:15 No scheduled program
Check the newsletter for activities/committee meetings.



Out and About at MIA with our own
member and docent
Ginny Wheeler

November 10, 2025

9:30 – 10:30 The Arts

The Making of an Art Exhibition

Valéria Piccoli, Ken and Linda Cutler Chair of the Arts of the Americas and Curator of Latin American Art, The Minneapolis Institute of Art

At the MIA, Piccoli oversees not just a collection of Latin American objects but also the museum's relationship with the growing Latino communities of Minnesota. Her early work focused on European traveling artists who came to Latin America in the 16th to 19th centuries. She will outline how an international exhibition involving loans from several museums and issues from insurance to transport to interpretation comes together.

Presenter: Kate Johnson

10:45 – 11:45 Equity/Justice/Inclusion

Art Theft and the FBI

Deborah Strebel Pierce, Retired Deputy Assistant Director of the FBI

Pierce will talk about the FBI Art Crime Program and National Stolen Art File and her experiences returning recovered stolen artworks. She will provide a peek at some high-profile cases and the international push to repatriate stolen art works.

Presenter: Marcia Soderholm

11:45 Announcements
Business Meeting
Luncheon

1:15 – 2:15 Health

**Everything You Wanted to Know About
Acupuncture and Chinese Medicine but Were
Afraid to Ask**

Steven Sonmore, Licensed Acupuncturist,
Chinese Medicine Herbalist and Life Coach

Did you know that details about your health can be detected not only from your pulse but by also examining your tongue? Acupuncture is not just for pain management but also for other chronic diseases, such as diabetes, cardiac diseases and depression. Chinese medicine creates an individualized treatment plan and diagnosis with emphasis on a healthy diet and lifestyle. Chinese medicine is a whole health care system.

Presenter: Jennifer Olson

November 17, 2025

9:30 – 10:30 Long Range Planning

How Well Do You Know AAUW?

Sheila Lind, Chair, Long Range Planning Committee

Let's explore the pulse of our Minneapolis Branch! How do we interact with MN AAUW and National? What tools are available to navigate our membership? Why read the bylaws and standing rules in the back of our directory? How is our branch leadership structured? How are we progressing on completing our strategic plan goals? The Long Range Planning Committee can help plan for the future as we spread understanding of what current membership means.

Presenter: Sheila Lind

10:45 – 11:45 Public Policy

The AAUW Public Policy Agenda; What the AAUW Branches Can Do

Meghan Kissell, MA, Senior Director, Policy and Member Advocacy, AAUW National

AAUW is the nation's leading voice promoting equity and education for women and girls. As the Senior Director for Policy and Member Advocacy, Kissell will discuss how AAUW develops and prioritizes its policy agenda, works to see its policy positions adopted, and connects with AAUW branches to educate members and inspire their involvement at the national level.

Presenter: Glenna Case

11:15 Announcements
Luncheon

1:15 – 2:15 Environment

Love Our Pollinators

Michelle Spangler, Environmental Outreach Coordinator, Mississippi Watershed Management Organization

Three-fourths of the world's flowering plants and about 35 percent of the world's food crops need pollinators to reproduce. The Mississippi Watershed highlights the vital role pollinators play in our ecosystems and food supply. What is putting them and our food chain at risk? Gain insight into how individuals and communities can take everyday steps to help protect these essential species.

Presenter: Veronica Johnson

HOLIDAY LIGHTS

December 15, 2025

Fun For All 

Social Hour

Music with

Lori Dokken

Twin Cities Pianist/Vocalist

Special Luncheon

Books for the Holidays

Sue Zumberge

Owner, SubText Books

*Don't forget to buy your lunch
ticket*

Tickets sold Mondays, November 24 and
December 2 & 9 for \$30.00. Regular lunch
reservations will NOT apply.

There will be open seating at tables.

November 24, 2025

9:30 – 10:30 Fourth Monday Interest
Groups

Please see the Bulletin **pages 11**

Great Decisions

Presidents' Hall

**Changing U.S. Leadership in the Global
Economy**

The video will highlight the past decade's pivot in foreign economic policy toward high global tariffs, export controls, economic sanctions and other measures. We will discuss implications for the global economy from increasing economic nationalism around the world. Join the discussion on how rising geopolitical tensions and challenges on global trade and economics can be mitigated.

Discussion Leaders: Ruth Andersen,
Sharon Eian

Fiction Book Discussion Heritage Room

The Frozen River
by Ariel Lawhon

Martha Ballard, an 18th century midwife and healer, demands justice at a time when women were considered best seen and not heard.

Inspired by real events and Martha's daybook, *The Frozen River* is historical fiction that reveals scandals, loyalties, hardships, and power dynamics in post-revolutionary New England. Martha is a remarkable real woman and unsung heroine.

Discussion Leaders: Pam Swarts
Jane Kase

Hot Topics Founders Room

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

Leader: Lil Lindsey

10:45 – 11:45 Equity/Justice/Inclusion

Tribal Nations and United States Relations

Angelique EagleWoman, Director of the Native American Law and Sovereignty Institute at Mitchell Hamline School of Law and Chief Justice on the Sisseton-Wahpeton Supreme Court

Relations evolve between Tribal Nations and the United States based on the enforcement of treaties, shared land areas, and as permanent neighbors. Legal scholars in the field of Native American law have organized the time periods of U.S. Indian policy into seven eras to provide organization to often inconsistent federal policies.

Presenter: Leslie Swenson

11:45 Announcements
Luncheon

1:15 – 2:15 Science and Technology

Weather Isn't so Scary Once You Understand It

Belinda Jensen, Chief Meteorologist, KARE11

We live in a world where information is at our fingertips at all times. This is both a blessing and a curse. Explaining the nuts and bolts of weather is the key to helping adults and children understand how weather works and therefore not be anxious about every cloud that forms overhead.

Presenter: Shari Durdin



**Out and About at the Watt Munisotaram
Buddhist Monastery**

December 1, 2025

9:30 - 10:30 Literary Pursuits

Aging But Dangerous

Embracing Life with Fun, Spirit, and Style

Jean Ketcham, Author

Ketcham is the founder of the Aging But Dangerous movement, which is the title of her newest book. The book focuses on healthy aging and living dangerously through fun, spirit and style. After retiring, Ketcham discovered that 55+ women were not living up to their true potential. She believes that aging is not just about surviving but thriving with a dash of adventure!

Presenter: Mary Moriarty

10:45 – 11:45 The Arts

**My Very Special Intersection
of Law and Music**

Phillip Gainsley, Lawyer

Gainsley is a practicing attorney who has had a life-long interest in music and music theater.

That interest morphed into a second career of writing, speaking, broadcasting and podcasting on the performing arts. He will talk about what trials and successes he has encountered along the way.

Presenter: DeDe Scanlon

11:45 Announcements
Luncheon

1:15 – 2:15 No scheduled program
Check the newsletter for activities/committee meetings.

**“A woman is like a tea bag;
you never know how strong
it is until it’s in hot water.”
Eleanor Roosevelt**

December 8, 2025

9:30–10:30 Health

**Gut Wisdom: Nourishing Digestion for
Graceful Aging**

**Lea Wetzell, MS, LN, CNS, Integrative
Licensed Nutritionist**

Healthy digestion is one of the keys to aging well. Wetzell will explain how gut function, microbiome balance and mindful eating habits influence everything from energy to immune strength. Learn integrative nutrition strategies, like digestive bitters, herbs, fermented foods and more, to support a vibrant gut and graceful aging from the inside out.

Presenter: Lil Lindsey



Lea
Wetzell

10:45 – 11:45 Environment

How Transportation Decisions Impact Climate Change

Eric Lind, Director, Accessibility Observatory,
Center for Transportation Studies, University of
Minnesota

In Minnesota, transportation is the largest contributor to the greenhouse gases that lead to climate change. In 2023, the Minnesota Legislature required MnDOT to ensure that future transportation projects help meet emissions reduction targets. Lind will discuss traffic forecasting, climate pollution, and how providing transportation options may or may not get us to the emissions reductions needed to avoid the worst of climate change.

Presenter: Sheila Lind

11:45 Announcements
Luncheon

1:15 – 2:15 Education

Building Consensus, Shaping Policy: A Legislative Perspective from MSBA

Mr. Kirk Schneidawind, Executive Director,
Minnesota School Boards Association

As chief lobbyist for the Minnesota School Boards Association (MSBA) and now as its Executive Director, Schneidawind has witnessed legislative initiatives thrive and die. Working with a diverse membership of 331 public school boards in MSBA, he is attuned to the challenges of reaching consensus on legislative initiatives and priorities that reflect the voices of all of its members on policy and funding. He understands why good governance matters for Minnesota's public school students.

Presenter: Pam Swarts



December 15, 2025
HOLIDAY LIGHTS

9:30 – 10:30 Social Hour

Cookies and Beverages, Visit with friends

10:45 – 11:45 Special Program

Lori Dokken, Twin Cities Pianist/Vocalist

Over the past four decades, Dokken has performed at every major venue in the Twin Cities from the Dakota to the Guthrie to the Ordway. A sought-after accompanist, she is also a successful concert producer, educator, vocal coach, arranger, and vocalist. She promises a wonderful time will be had by all.

11:45 Announcements

12:00 Special luncheon on this special day

1:15 – 2 :15

Holiday Book Selections

Sue Zumberge, Owner, Subtext Bookstore

Zumberge will again treat us to a list of books that not only make good reading but also make wonderful holiday gifts.

Patricia Day & Lynn Hjelmeland,
Co-chairs Holiday Lights 2025

LUNCH POLICY

RESERVATIONS

Lunch reservations **MUST** be **made and/or cancelled before noon on the Wednesday before the Monday meeting**. If you do not cancel in time, you are expected to pay for that meal as a meal has already been ordered for you.

MONDAY MORNING CHECK IN

General Seating and Guests: There are two clearly marked “Check in and Pay” tables (main floor near elevator and lower level opposite the elevator). Payment is 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 and pay on the main floor.

Same-Day Reservation: There will be an **extremely limited number of same-day reservations available each week**. The reservations can be purchased on a first come first serve basis at the cashiers table.

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

PAYMENT

Cash and checks are accepted at the check-in tables. Cash is the preferred method of payment. **Credit cards** are accepted in the second-floor office. Then bring the receipt down to a cashier.

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

PRICING

Member lunches: \$25

Guest lunches: \$20

SPECIAL DIET MEALS

Please request a form for special diet meals from Office Manager Sharon Rauenhorst in the office. Although you are welcome to note your meal choice when you make your reservation it does not replace the diet card you must fill out in the office. Once you fill out the diet card, all your meals this year will honor that request unless you tell our Office Manager otherwise. **For any changes at all, see Sharon in the office.** Please pick up a dietary card from Sharon that you will continue to use throughout the year. 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.

On-Line Lunch Reservations

1. Click on **Lunch Reservations** in the weekly branch Newsletter or in the weekly Zoom Invitation email.
You may also use
<https://signup.com/go/buScVkA>
2. Find the **date** you would like to attend
Make sure on the computer that the little arrow next to the date is pointed down. If it is not, just click on it.
3. Click on the **green Sign-Up button**.
4. Enter your **email address** and **confirm** it
(your reminders will come to that email).
5. Type in your name if it is not there. Select '1 spot' if it is not already indicated. Press **SAVE AND DONE**

TO ADD A GUEST/SPEAKER (YOU KNOW THEIR NAME)

1. Do steps 1-5 above but instead of pressing Save and Done, click on **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.

2. When you are done reserving, click **Save And Done**

TO ADD A GUEST/SPEAKER (YOU DON'T KNOW THEIR NAME)

1. Do steps 1-5 above.
2. Before you click **Save and Done**, change the number of spots to represent the total of yourself plus the number of additional spots that you want.
3. Now click **Save and Done**.

TO CANCEL A RESERVATION

1. Do steps 1-2 above
2. Click on the date you wish to cancel.
 - a. You may notice the green Sign Up button is now blue and says **My Spots**. Click on the My Spots. A drop down box will show. Click on Edit and change the # of spots to 0(zero).
 - b. It may say **You Have a Spot** with a blue button that says **Review Spot**. Click on Review Spot and change the # to 0(zero).
3. Remember: If you do not cancel by the prior Wednesday, you are responsible for paying for the meal.

Guests

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

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

ROOM RESERVATIONS FOR FIRST MONDAY AFTERNOON ACTIVITIES

There will be no scheduled 1:15 p.m. programs on the first Monday of each month. Instead, much of the Gale Mansion will be available for committee meetings and social activities.

All members are welcome to sit in on committee meetings and learn about the wide variety of activities going on in our branch. The social activities will be an opportunity to play a game, learn a skill, have an interesting discussion, make new friends and more.

We tentatively have the following rooms available: Presidents' Hall, the Founders Room (the smaller dining room), the Minneapolis Room and Fellowship Room (both on the second

floor). Some of the larger rooms may be shared with more than one activity.

If you would like to reserve a space for a meeting or social event, contact Theresa Palmersheim, Meeting Scheduler, at tpalmersheim@gmail.com. Please describe the activity you would like to sponsor and how many people you expect to attend.

If you have reserved a space for an activity and want to encourage participation, please contact Sharon Rauenhorst to put an announcement in our weekly email. Sharon's email address is: office@aauwmpls.com



DEVELOPMENT

The Development Committee decided to create a logo to reflect the values and messages we want to convey in our work. The image was designed together with one of our scholars, Mia Jennings, and uses a tree as a reference to *the Giving Tree* or *The Mother Tree*.

A tree shelters, provides a place, shade and habitat for birds and wildlife, just like our branch gives us a place to gather and grow.

Like a tree, we believe our success today is rooted in the previous generations and will continue to bear fruit in future generations.

We like the image of a woman's body as the trunk of the tree to capture our mission of working for equity for women and girls.

The books at the bottom symbolize our commitment to education and that Learning is Key to achieving equity.

We choose the words Support, Strengthen and Sustain because it is our responsibility to keep this branch strong and viable for today and for future generations.

We choose the multi-colored leaves to represent the diversity of ideas we explore and the varied talents members bring to the organization.

Different size leaves signify our service to women and girls at different ages and stages of their lives.

Finally, the outstretched branches/arms signify the joy that comes from supporting the branch both as a volunteer and through financial gifts. It is a way to make a difference in our world.

MITTENS/HATS/GLOVES/ SOCKS/UNDIES

We are collecting new Hats/Mittens/Gloves and Undies again this year for Ella Baker and Whittier Elementary Schools. There will be a box labeled HATS AND MITTENS on the table as you enter Presidents' Hall. You may drop off the new items you wish to donate on Mondays in October and November and we will deliver them to the schools in early December. Thank you.

Judy Anderson

Patty Cole

TOILETRIES

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

Questions? Contact Lil Lindsey

THE LIBRARY

Come On Up and See Us

Want to check out the latest best seller? Need a new mystery to read? How about a jigsaw puzzle to stimulate your brain? They are all here in your AAUW library. Our new location in the Association Room is on the second floor across the hall from the office and the elevator. Come up and visit us; we would be delighted to see you.

There are no fines for overdue books. We are just grateful when the books are returned.

We continue to sell used books and proceeds from the used book sales allow us to buy more books for the collection. Please bring us your used books, preferably not more than five years old. And don't forget to bring us your puzzles.

AAUW FUNDS

Last year our branch contributed over \$12,000 to national AAUW Funds. Some of this money came from donations to the AAUW Funds that our branch makes to remember and honor members who have died that year. Part of this money came from sales of items our branch donated to the silent auction at the annual state convention. Thank you! Please continue to remember AAUW Funds in your planned giving.

Shari Parsons,
AAUW Funds Chair

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. If you have a speaker, check the presenter's packet for snow day instructions.



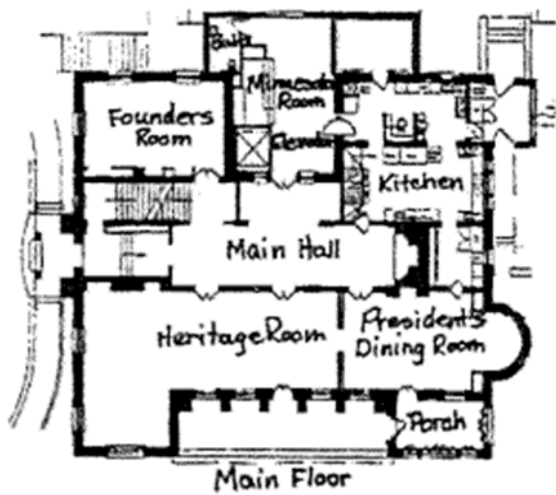
Marilyn Listvan, Nell Wegmann, Kerry Noyes

COURTESY REQUESTS

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

- Check to see that your cell phone and all other electronic devices are silent.
- Reserve the last row for hostesses who need to leave early.
- When asking a question, stand, if you are able, and say your name.
- Refrain from unnecessary/lengthy comments.
- Do not wear any fragrance.
- Sit near the back of the room if you do needlework or puzzles.
- At lunch, all seats are open. Do not save seats.
- Do not sit in the reserved seats at the front of the hall. They are for members for members and guests with walkers, wheelchairs or other issues.

GALE MANSION FLOOR PLAN



NOTES