



February 2016

<http://palmsprings-ca.aauw.net>

GILDA'S CLUB

FEBRUARY 13, 2016, 11:30 a.m.

MARRIOTT SHADOW RIDGE (Grill Room)

9002 Shadow Ridge Road, Palm Desert



Maria Elena Geyer is President and CEO of Gilda's Club Desert Cities, the non-profit that provides a professionally led, evidence-based program of emotional, educational and social support to all those living in the Coachella Valley whose lives have been touched by cancer. Maria Elena came to Gilda's after more than 20 years as a healthcare executive, principally at the Puget Sound Blood Center in Seattle, where she served as vice president of marketing and community affairs. She holds two degrees from Jacksonville University, a BS in art and a BS in pre-med, and an MBA from the University of Washington. She will talk about recent developments at Gilda's Club, including a hands-on nutrition program, new locations where services are now being offered, and the many strong community partnerships that Gilda's is forging.

Menu

Caesar Salad with Salmon _____ Burger with Blue Cheese/Onion Jam _____ Veggie Burger _____

Please return this reservation form with your check for \$25.00 per person. Make check payable to **AAUW Palm Springs** and mail to Norma Stempler, One Reed Court, Rancho Mirage CA 92270 (760-324-3090) no later than February 10.

Name: _____

of Reservations _____ Phone/Email _____

February 2016 President's Message**Elizabeth Nash, President**

As we move into our NEW YEAR, many opportunities will be placed in our lives. The question is: How will we choose to use our wonderful opportunities in 2016?

At our well attended and exciting January luncheon-meeting, Yolanda Nave, an Emmy award winning television journalist, author, newspaper columnist and educator was our speaker. She shared with us her personal journey and adjustments she experienced after suddenly losing her sight in 2009. She truly inspired us by sharing her positive attitude and her continuation of a normal life, utilizing the services of the Braille Institute and other support services. She talked about the importance of Passion, Hard Work, Intentions, Grace, Resilience, and Faith. Yolanda touched our hearts and made us aware of the importance of focusing on what we have to be thankful for, rather than what we do not have. Yolanda's remarks reminded me of an article I had read entitled *10 Ways to Improve Your Life in 2016* by James Van Praagh. I would like to share his ten ways to improve our lives.

- (1) **Resolve to love and accept yourself as you are.** Banish negative self-talk; your words and your thoughts have tremendous power!
- (2) **Take time to nourish your spirit.** This year, vow to do more of whatever puts you in touch with your higher self, whether it is a walk or watching the sunset, or yoga or meditation.
- (3) **Be conscious of the company you keep.** Some people bring out the best in us, while others have a negative toxic effect. Don't spend another moment with energy vampires, or people who pull you down.
- (4) **Enjoy the beautiful planet and do your part to preserve it.** Even if you spend most of your time indoors, make it a point to step outside and look at the sky, or walk in the grass yourself.
- (5) **Get out of your rut and mix things up a little.** Take a class, travel to a new location, and explore life.
- (6) **Keep a gratitude journal.**
- (7) **Honor your body.** Treat your body with love and respect.
- (8) **Be honest about your emotions.** Life's too short to keep everything in. Repressed emotions make us sick mentally, spiritually and physically, so let those feelings out.
- (9) **Be aware of the impact your actions have on the people you love.** Cherish the important people in your life.
- (10) **Replace fear with love. Fear less, and love more.** When love wins over fear, we all win.

Let us always remember, and support AAUW's POSITIVE mission:” **Advancing equity for women and girls through advocacy, education, philanthropy and research.**”

The Nominating Committee is meeting to find our AAUW Officers for the next year. We will be calling members to find a Membership Vice President and a Treasurer. If you are interested in volunteering for either of these offices, please call me, Pat Mauritzen or Adele Ruxton to let us know. We will be able to give you more information about these two positions.

Joanne Bourquin, Chair of the Nominating Committee

Palm Springs Officers

President: Elizabeth Nash..... 772-0645
President-Elect: Pat Fredericks 674-4649
Program VP : Sharrell Blakeley 972-4441
Fundraising: Pat Fredericks ... 674-4649
Membership VP: Barbara Villani 322-3987
and Gerry Johnson..... 323-4319
Secretary: Joann Lane 360-9257
Treasurer:
Tech Trek: Peggy Shippen.. 541-686-8619
Tech Trek Treasurer:
Lilliane Shuman..... 323-2170
College Relations:
Pat Fredericks 674-4649
Public Policy:
Jeanne Hirshfield..... 324-2190
Publicity: Joanne Bourquin..... 772-2832
Reservations: Norma Stempler 324-3090
Tyke Trek: Barbara Villani..... 322-3987
Bonnie Paul 568-6577
Sandscripts: Elaine Levey 360-6440
Photographer:
Magdalena Hamilton 636-5261
Sunshine: Elisabeth Spiro 836-0478
Book Group:
Roberta Young 734/658--9981
Great Decisions:
Joanne Bourquin 772-2832
Reel Revelers:
Bayla Adelman 568-9621
Out and About: (committee)

Membership

WELCOME: New member recruited by Ruth Kuhlemeier:

Barbara Battino
80362 Camino Santa Elise
Indio, CA 92203-7489
760-345-3999
abattino@yahoo.com
BA UC Berkley, Journalism

Andrea Fostvedt is a new Life member to our branch. Her mother Dr. Lucille gave her a life membership years ago and Andrea has moved back to the desert.

Change of address for Lou Riley: 52465 Avenida Vallejo

Change of email for Magdalena Hamilton: magdalenahamilton@yahoo.com

ALL of us are recruiters for membership; a personal invite to an event is very successful. Who will you bring to an interest group or luncheon meeting?

From our membership we elect officers for our branch. PLEASE consider serving as an officer or committee member for next year.

Barbara Villani and Gerry Johnson

Membership Badges: Sign up at a meeting, or contact Barbara Hawkins Villani at 760-322-3987 to order your magnetic badge (with the new logo) for \$10 each. Badges are available within three weeks of order.

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

In principle and in practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

AAUW empowers all women and girls to reach their highest potential.

By joining AAUW, we belong to a community that breaks through educational and economic barriers so that all women and girls have a fair chance.



New Tech Trek Chairperson: PEGGY SHIPPEN

We welcome Peggy as the new Chairperson for our Palm Springs Tech Trek program.

Peggy Shippen has been a member of AAUW for 25 years and is a past-president of the Eugene-Lane (Oregon) Branch. She has a dual membership in the Palm Springs Branch. Peggy has a BA degree in Special Ed and MS degree in Rehabilitation Counseling from the University of Arizona. During her varied working career, she counseled alcoholics and their families; worked for SAIF Corporation as a field claims consultant and in sales and was Personnel Director at Umpqua Community College. Peggy retired in 2004 after working as a Human Rights Investigator for the State of Montana for eight years. Peggy says, "AAUW programs satisfy my passion for helping women and girls to become educated, confident and competent adults and leaders. AAUW has given me the opportunities, role models and skills to develop leadership skills and make amazing friends."

BARBARA FOYIL

Thank you, Barbara Foyil, for your many years of outstanding leadership for our Tech Trek program! Barbara recently stepped down from her position as Chairperson for Tech Trek, due to personal and professional commitments. However, we are very pleased that Barbara will continue to serve on the Tech Trek committee to provide support for this very important program. Our Tech Trek program truly makes a difference in the lives of our local girls.

THE FUTURE OF TECH IS AT TECH TREK

On a break from their App inventor course at the AAUW National tech trek camp in N.J., a group of girls discussed ideas for apps that might make them money in the future. This was a conversation that could not have occurred at the original Tech Trek camp at Stanford in 1998, nine years before iPhones and mobile apps were invented.

Camp creator Marie Wolbach wanted to inspire middle school girls to pursue math and science studies and ultimately careers. Early camps featured forensic mysteries and hands on experiments which have been at the forefront of Tech Trek camps. The program has now spread from California to 11 other states.

But science and math are ever-changing fields and Tech Trek has had to keep up with the times. Thanks to a grant from Verizon Foundation, coding with the App inventor tool became a class offered at every camp in 2015. A grant from Symantec allowed campers at three sites, including Stanford, to participate in a class on cybersecurity, another rapidly growing field not much thought about until recently.

Tech Trek is trying its best to look into the future and trying its best to prepare a successful path for the students who can take advantage of its opportunities. We can be proud that we have been enthusiastically involved with Tech Trek from its beginnings. (Adapted from *Outlook*.)

Jeanne Hirshfield, Public Policy Chair, 760-324-2190



Photos from January 2016 Meeting: Members fascinated by speaker Yolanda Nava; President Elizabeth Nash, speaker Yolanda Nava with Sharrell Blakeley, Mary Ann Kaestner with Lillian Shuman, Gail Hughes at White Elephant Table, Gillian German, Joyce Kornbluh, Jackie Drucker and Elaine Levey, Ruth Kuhlemeier and Joan Cartwright, Phyllis Greene and Sue Betty, Sharron Cantarini, and Joanne Bourquin with Elizabeth Nash.



Your continued support is needed to send girls to Tech Trek Camp 2016.

Send donation to: Lilliane Shuman, 687 Palomar Circle, Palm Springs, CA 92262-6240. Checks are to be made out to AAUW, not Palm Springs Branch or SPF (designation to Tech Trek can go in memo area of check).

Please return this form with your donation.

Name: _____ **Amount:** _____

Address: _____

Email: _____ **Tel:** _____

Make checks payable to AAUW

AAUW is partnering with DiversityComm Inc. to provide all AAUW members and leaders with FREE digital issues of the company's five nationally recognized diversity-focused magazines, *Professional Woman's Magazine*, *U.S. Veterans Magazine*, *Black EOE Journal*, *Diversity in STEAM Magazine*, and *Hispanic Network Magazine*. This is a great opportunity to learn about issues and interests that these audiences care about. To access the free issues, click on the link at the aauw-ca.org website and enter **username** AAUW and **password** 2015. You may also download the DiversityComm app, available on *iTunes*, *Google*, and *Amazon*.

SoCal Leadership "Blitz" Coming February 20th and 21st

The southern California branches will have the chance for a sneak peek at a couple of the workshops the Leadership Development team will be offering at **Convention 2016: Empowering You!** The Leadership Team will be presenting these in Whittier on Saturday, February 20th and in Laguna Woods on Sunday, February 21st.

For more information or to reserve your place, go to the www.aauw-ca.org website.

Reservations end February 12th

HAPPY HOUR SPIRITS

The Happy Hour Spirits will get together at the Cactus Club at the Palm Desert Country Club – from Washington go west on Hovley, left on Warner Trail, and right on California Street. The date is February 20th at 5 pm. Call Ruth Kuhlemeier at 442-400-3164.

Joan Cartwright is the organizer for our new Happy Hour Spirits. She can be reached at 415-320-5335 if you have additional questions about this group. This is a fun group, and we welcome you to join us. Spouses or significant others are welcome.

LUNCH BUNCH

On February 8th we will dine at 11:30 am at Pacifica restaurant at the Gardens on El Paseo. Please RSVP to Elaine Levey at elainlev@gmail.com or 760-360-6440 if you will join us.

Phyllis Greene is the organizer for our new Lunch Bunch group. She can be reached at 760-772-7121 for additional questions regarding this fun group.

REEL REVELERS

We meet at 6 pm on the 4th Thursday of the month (January 28th) at Sandy and Bob Weissenberg's, 72964 Skyward Way, Palm Desert, 760-674-9282 for a pot luck and then discuss *The Big Short*, which we see on our own. Call 760-674-9282, with pot luck choice by January 26th.

The film for February will be chosen closer to the date of the meeting.

Bayla Adelman, 760-568-9621

BOOK GROUP

The Book Group will meet Wednesday, February 17th at 2:00 pm to discuss *All the Light We Cannot See* by Anthony Doerr. We will meet at the home of Joanne Bourquin, 43618 Salerno Court, La Quinta, 760-772-2832.

The book for March is *Aviator's Wife* by Melanie Benjamin.

All members and their guests are welcome. For information about our Group, call Roberta Young at 734-658-9981 or e-mail her at roberta-young@juno.com.

GREAT DECISIONS

Call Joanne Bourquin, 760-772-2832 to make sure the books have come in so that we can discuss the first topic.

OUT AND ABOUT

The next play is *I am My Own Wife* on March 16th: the true story of a German transvestite who managed to survive both the Nazi regime and the repressive East German Communist regime.

We have dinner before the play at 5:30 pm at Livreri's in the Atrium. Call Angie if you want to join the group for dinner. The play starts at 7:30.

Angie Love, randalovebrds@aol.com 760-779-5658

Our website: <http://palmsprings-ca.aauw.net>

Barbara Villani
1028 E. San Lorenzo Road
Palm Springs, CA 92264-8114



February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Happy Birthday Gerry Sabsevitz</i>	2 <i>Happy Birthday Vivian Penniman</i>	3	4	5	6 <i>Happy Birthday Genie Miller</i>
7	8 11:30 Lunch Bunch	9	10	11	12	13 11:30 General Meeting
14	15	16 10:30 Great Decisions	17 2:00 Book Discussion	18	19 <i>Happy Birthday Joana Ciurash</i>	20 5:00 Happy Hour Spirits
21	22	23	24	25 6:00 Reel Revelers	26	27
28	29					