



# THE SAGE HEN

## A NEWSLETTER FOR THE NEVADA STATE AAUW



FALL  
2018

Mission: AAUW has dedicated more than 120 years to the advancement of education. To this day, AAUW continues to break through barriers to improve educational opportunities for women and girls.

### President's Report, Fall, 2018

It's been an interesting year, hasn't it? Time for all of us to become more and more involved in our communities. Please write letters to the editors of your local papers touting your accomplishments.

Our Rocky Mountain Region held its conference in June in Salt Lake City, Utah. In Nevada's presentation, I spoke to our very successful Coalition for Women's Equity. Under the leadership of Bonnie Barber (Reno), the Coalition lobbied to change several laws to the benefit of NV's women. <https://nevadawomenslobby.org/equity> Several of the regional branches requested further information in the hope that they might copy our program to lobby their legislatures. The AAUW Rocky Mountain region consists of Utah, Wyoming, Colorado, New Mexico, Arizona and Nevada. The next Regional Conference will be held in Denver in 2020, and I hope we can have a good group there from the various NV branches.

2020 will be a "Year of National Convening" for AAUW. The National office will host a series of online and in-person events to bring us forward and bring us together. There will be a 1-2 day event in Washington DC, combined with a lobbying effort on Capitol Hill. That is as much of a national convention as there will be, because of financial constraints. We will let you know the dates as soon as we know anything.

Our AAUW-NV State Convention will be held in the spring of 2020 in Las Vegas. The State Council will plan closely with the southern branches, and we will work with National to simulcast their events throughout the state. We want to increase participation in all branches and areas of the state. We will be talking about this in the coming months, and we welcome your thoughts and comments.

At our AAUW-NV State Convention in May in Fallon, so effectively chaired by Nancy Stiles (Capital), we honored Robbyn Tolles (Reno) as our Member of the Year. For years, Robbyn has been a tireless advocate for our Start Smart program, targeted at our college students around the state. Thank you, Robbyn, for being such a wonderful example of an AAUW member who effects change. You're our heroine!

The AAUW State Council had its Fall Retreat in September and we had good representation from our branches. We had five hours to hash out our annual review of our policies, and our future goals for 2019 and beyond. Our next quarterly Council meeting will be held in Reno in January, 2019. This one will last only one hour, I promise! The Council has an all-day retreat once a year, and then three other short meetings during the year, so we can keep our programs on track. All members are welcome to attend and we encourage your involvement.

Please keep our newsletter editor, Suzanne Webb (Reno) [webb.suzanne.aauw@gmail.com](mailto:webb.suzanne.aauw@gmail.com), informed about your branch activities, past and future. We are all interested in what our branches are accomplishing.

There are two vacancies on our state Council: **Program, and Membership: Duties for Program** are to plan programs for any state conference or convention in cooperation with the host branch; appoint program development committees as needed; perform other related duties as requested by the Council; and essentially, help with the 2020 State Convention.

**Duties for Membership** are to share techniques for member involvement with all branches; communicate with branch membership chairs; perform other duties as requested by the Council.

Please consider putting yourself forward for either position, for your personal leadership development. We promise to help you and we need your time and talent.

Linda Hiebert-Sekiguchi (Capital) has tendered her resignation as our AAUW-NV International Liaison. Linda is truly irreplaceable! Her valued presence in many international conferences will be missed. Anyone interested in attending international conferences should call Linda (1-775-782-1296, 775-220-6595). We will miss her advice, and her smiling face around our Council table.

Thanks for all you do for AAUW and keep up the good work! Fight the good fight! You make me proud!!

**Janice Flanagan, AAUW-NV President, 775-828-1993, [janflangan@aol.com](mailto:janflangan@aol.com)**

## Reports from the Branches

### Reno Branch

We have started our program year with a very moving and informative presentation by Yuli Chávez Camarena and Jennifer Zarco, accompanied by student Denisse Merino, who spoke about their childhood immigration experiences.

We have an exciting list of future programs planned for the remaining meetings in this year. We also plan to have a fun Winetasting / Fundraiser for our December meeting which we would all be happy to have you attend.

We have moved our meeting location to the historic Gold and Silver located on 4<sup>th</sup> St. at Vine. We held our first meeting in October at this new location. The parking is very easy, and the coffee is good.

We are also very involved with special interest groups. The hiking/ walking group has been out several times. The Book Group has an interesting list of books selected for their meetings this year.

**Sue Smith, President**

### Fallon Branch

Jennifer Verive will be presenting the Work Smart information at our November meeting. We will also be busy planning our homemade candy for sale at the local Christmas Craft Fair. We do this every year as one of our fund raisers for scholarships. In January we have our New Years Luncheon and White elephant sale.

**Carol Roeder, President**

### Boulder City Branch

Boulder City Branch members are busy finalizing details for their annual home tour on Dec. 8. Five local homes will be on the tour this year and proceeds fund the branch's scholarships. Branch members will promote the tour with vintage cars and a Grinch in the Dec. 1 holiday parade. To start off the year, branch members and friends brought more than 20 backpacks filled with school supplies to the August brunch. Boulder City Emergency Aid distributes the backpacks to community children. In September the Wine and Chocolate evening raised more than \$1600 for scholarships -- the highest total ever for this event. In November the scholarship committee received 31 applications for local scholarships and is working to select recipients this month.

**Anne Slavicek**

### Capital Branch

Our 75<sup>th</sup> Anniversary year began with a Membership Soiree at the Governor's Mansion in Carson City on Friday afternoon, August 24<sup>th</sup>! Savory and sweet appetizers and beverages were enjoyed by the 50 members and guests. Highlights of our earliest years were shared as well as our plans for the 2018-19FY program year!

Our branch strategic plan is providing the foundation for our branch activities. AAUW Capital (NV) Branch recently collaborated with League of Women Voters, Sierra Nevada Forums and other community groups to hold Issue & Candidate Forums on October 8, 9, 15 & 16. These forums were well attended by the public. Additionally, KNVC, a local radio station streamed them and posted them on their website. And, KRNV Channel 4 also streamed the event and posted the videos on their website.

One of the community events sponsored by the branch is the AAUW Work Smart workshop. Most recent one in Carson City was held on November 10. Attendees report that when they used the skills learned, they "finally feel valued!" Is YOUR branch interested in learning more about AAUW Work Smart and how to provide a workshop in your community? Jennifer Verive, our #1 cheerleader and activist for the program will be happy to chat with you, attend a branch meeting OR whatever it takes to get your branch involved and excited about this wonderful opportunity to provide real skills for women to decrease the gap in pay equity. She can be reached at [jmverive@gmail.com](mailto:jmverive@gmail.com) or at 775-315-4748.

It is time to get your "fresh-picked" pecans! One of our fundraising activities—Pecans are available in 1-pound packages of massive halves or in foil wrapped "gift-giving" covered pecans (flavors include Dark Chocolate, Chocolate, Caramel Clusters and Cinnamon Glazed). Pecans can be ordered by contacting Carolyn Kellogg at 775-461-3320 or by emailing her at [aauwcapitalpecans@gmail.com](mailto:aauwcapitalpecans@gmail.com). Yum!!

**Caroline Punches, President**

### Don't See Your Branch News?

The news about the great things your branch is doing can be circulated to all the other NV branches. All you have to do is just drop a short note to the editor of the *Sage Hen* at [webb.suzanne.aauw@gmail.com](mailto:webb.suzanne.aauw@gmail.com) before April 15. Your report will be in the next issue.

## Public Policy Report

Our Nevada legislature's 80th session begins Feb 4 and concludes June 3rd. As opportunities to participate are organized, we will be passing information on to members through their chapter public policy representative and/or local president.

Between now and February we encourage all AAUW members to consider nominees for the mid-term elections based upon AAUW priorities including

- (i) passing the Paycheck Fairness Act to strengthen existing employment discrimination laws aimed at closing the gender pay gap;
- (ii) passing the Family Act to create a national paid family and medical leave insurance program;
- (iii) preventing further erosion of Title IX protections;
- (iv) ensuring women's access to contraception without co-pay or cost sharing, no matter where they work or go to school; and
- (v) preventing the repealing or weakening of the Affordable Care Act.

**Peggie Smith, Public Policy Chair**

## College & University Relations Report

Colleges and Universities that are currently AAUW C/U Partner Members are:

University of Nevada, Reno;  
Truckee Meadows Community College;  
Western Nevada College; and,  
Sierra Nevada College.

I am encouraged by the expanding participation.

Quite a number of AAUW members are completing Start and Work Smart Salary Negotiation Workshop facilitator training. If you are interested, go to <https://salary.aauw.org/facilitate>. Watch the video to receive a code in order to sign up for the 1 ½ hour webinar in order to become an approved facilitator. If possible in your area, it is very helpful to sit in on a full workshop led by an experienced facilitator. For more information, contact me at [robbyn-tolles@sbcglobal.net](mailto:robbyn-tolles@sbcglobal.net).

**Robbyn Tolles, College & Univ. Relations Chair**

## National Leadership Training for Two Nevada College Women

We're excited to announce that AAUW Nevada will sponsor two college women to attend AAUW's 2019 National Conference for College Women Student Leaders (NCCWSL). For information about NCCWSL, see the description below.

We hope to have applicants from every Nevada college and university, so we need members from each branch to volunteer for the NCCWSL Committee to:

- Solicit qualified applicants from Nevada colleges and universities (any time before applications are due on March 14, 2019)
- Review applications & recommend candidates (review period is~2 weeks, March 14-March 31)

The 2019 AAUW Nevada scholarship application and criteria documents are available on our website at:

- [Click here](#) to see the application (OR go to <https://aauw-nv.aauw.net/files/2018/10/NCCWSL-Info-Criteria-AAUW-Nevada.2019.pdf>)
- [Click here](#) to see the criteria (OR go to <https://aauw-nv.aauw.net/files/2018/10/AAUW-Nevada-Application-for-NCCWSL.2019.pdf>)

Please contact Doris Dowden, [dsquared2@sbcglobal.net](mailto:dsquared2@sbcglobal.net) or (775) 827-2481, for more information and to volunteer for this exciting, short-term project.

**NCCWSL** is a 3-day conference at the University of Maryland, College Park. NCCWSL is the place for young women to learn about today's most pressing issues, develop & expand leadership and make lifelong connections with peers across the country. To learn more about the conference, [click here](#) (or go to <https://www.nccwsl.org/>).



**Doris Dowden, NV State Council Past President**

## Why Are Stress Management and Coping Skills Development Especially Important to Leaders?

By Robbyn Tolles, M.A.T., C/U Relations Chair for NV State and Reno Branch AAUW

Here are 6 reasons why stress management and coping skills development are especially important to leaders:

1. A leader is widely visible.
2. A leader is a role model for others.
3. A leader is often busy so maintaining life balance is key.
4. A leader can function in her optimal zone when she can stay healthy.
5. A leader works at staying well in order to avoid burnout on the job.
6. A leader pursues knowledge of stress management and coping skills development in order to interact more effectively with others.

During my workshop at the Nevada State AAUW Convention, we looked at the impact of life events, personal background, health habits, social support, satisfaction with different areas of life, and activities that bring you joy. All of these things impact your health and wellbeing. Burnout is characterized by irritability, short-temperedness, trouble sleeping, headaches, stomach problems, aches and pains, and a long list of stress triggers particular to you. Get to know your own signs of stress so you can recognize when burnout is impacting your life and decision making.

### Nota Bene

The Coalition for Women's Equity is trying to get more women to apply for openings on Nevada state boards and commissions so that there are more women on those management and regulation entities. To see a listing of the Nevada state boards and commissions and links to follow to see details, go to [http://nv.gov/agency/boards\\_commissions/](http://nv.gov/agency/boards_commissions/).

### Comment Period Open for AAUW Election

Every two years, AAUW national members vote on revisions to public policy priorities. Now through January 11, 2019, you can comment on the changes recommended by the AAUW Public Policy Committee, and propose revisions to the ballot in the AAUW national election next spring or to the AAUW bylaws. Also, there's still time — until November 30 — to **submit an application** to serve on the board of directors

## Start Smart Report Reno Branch

Following a University of Nevada, Reno Committee on the Status of Women (CSW) meeting on Friday, September 28, 2018, I was contacted by four faculty members concerning the Start Smart Salary Negotiation Workshop program. Two are interested in facilitator training and two are interested in promoting the program to student groups. Two faculty members at Truckee Meadows Community College have expressed interest in facilitator training. TMCC hosted a Start Smart Salary Negotiation Workshop as part of their Summer Bridge Math Wizards for Young Women program during the summer of 2018. Another workshop will be completed during the summer of 2019. Start Smart workshops for fall semester are being planned for the Graduate Student Association, the Society of Women Engineers, and the College of Business.

**Robbyn Tolles, College & Univ. Relations**



Start Smart Poster <https://mtsunews.com/>



Work Smart session, Capitol Branch, April, 2018  
Courtesy of Caroline Punches

**Nevada State Council 2018-19**

**President/Administrator** Janice Flanagan,  
janflanagan@aol.com (775) 828-1993

**Program OPEN**

**Membership OPEN**

**Finance** Rita Malkin, renorita22@sbcglobal.net (775) 852-3938

**Secretary** Jane Randall nebrjane@earthlink.net (775) 428-6737

**Public policy** Peggie Smith peggiesmith1963@gmail.com (773) 206-6450

**College & University Relations** Robbyn Tolles robbyntolles@sbcglobal.net (775) 997-3300

**International Affairs OPEN**

**Coordinator, Satellite Branches** Laura Pyzer laurapyzer@outlook.com (702) 293-5464

**Newsletter Editor** Suzanne Webb  
webb.suzanne.aauw@gmail.com (775)  
624-8446

**Advisor/Past President** Joyce Destefanis  
joycedestefanis@gmail.com (775) 852-0275

**Advisor/Past President** Doris Dowden  
dsquared2@sbcglobal.net 827-2481

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**About the Sage Hen**

The *Sage Hen* is the newsletter of the Nevada State Leadership Council. It is published one or two times an AAUW fiscal year and its purpose is to make sure all branches of AAUW in Nevada are up to date on AAUW NV business and can contact the Council for news and assistance.