



THE SAGE HEN

A Quarterly Publication of the AAUW Nevada State Council

2023 - 4th Quarter



Mission Statement: To advance gender equity for women and girls through research, education, and advocacy.

President's Message:

'TIS THE SEASON! HAPPY HOLIDAYS!



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It's that time of year again! The holidays are upon us. We have multiple To-Do lists for our family functions, for our AAUW Branch responsibilities, and other commitments; not to mention those gift lists for family and friends! And, so much more! It seems a bit overwhelming - but there is one thing each of us can do to reduce the stress – **BE THANKFUL!**

That's right! Expressing gratitude and being thankful can have a positive impact on our lives! Check out these healthy benefits!

1. **Relieves stress:** Gratitude can help reduce the symptoms of stress by calming the body and mind. It allows us to respond rather than react in the moment, which can help us feel less emotionally charged.
2. **Increases positivity:** Being thankful can increase the production of dopamine and serotonin in the brain, which are neurotransmitters associated with pleasure, reward, and mood stabilization. This can help us feel more positive emotions.
3. **Strengthens relationships:** Gratitude can help us focus on the good qualities of others, which can strengthen our relationships. It can also increase empathy and reduce aggression.
4. **Improves health:** Grateful people tend to have better psychological health and involve themselves in healthy activities. They are also more willing to seek help for health concerns and take care of themselves.
5. **Reduces depression.** Regularly expressing gratitude can lead to fewer symptoms of depression and anxiety.

It's time to develop an attitude of gratitude in our lives, if we have not already done so. Thankfulness is the beginning of gratitude. And, gratitude is the completion of thankfulness.

I am especially grateful for our AAUW members in Nevada! I appreciate how you raise your hand and step up to help wherever you can. As we know, many hands make for a lighter load. AAUW members across Nevada are holding fundraising events to provide scholarships for deserving high school seniors wanting to further their education. And other AAUW members are coordinating programs designed to educate our own members. AND still other AAUW members are involved with hiking groups, book discussions or gourmet cooking. Thanks to ALL of you! Thank you for being a member of AAUW – and thank you for doing YOUR part – Gratitude is shown by YOU doing YOUR part! And for that I am especially grateful!!

Gratefully,

Caroline PUNCHES, President, AAUW Nevada



THOUGHTS TO PONDER

AAUW NEVADA
Sage Hen
4th Quarter 2023

**"SOME PEOPLE ARE ALWAYS GRUMBLING BECAUSE ROSES HAVE THORNS.
I AM GRATEFUL THAT THORNS HAVE ROSES."**

"I'm thankful for my struggle because without it, I wouldn't have stumbled across my strength."

**"We must find time to stop and thank the people
who make a difference in our lives.:"**

- John F. Kennedy

"When you practice gratefulness, there is a sense of respect toward others."
- Dakaí Lama

"Gratitude is a quality similar to electricity. It must be produced and discharged and used up in order to exist at all."
- William Faulkner



PUBLIC POLICY UPDATES

By Debbie Nicholas

It is so amazingly busy in the world of public policy these days! I want to thank our wonderful Branch chairpersons, and volunteers who worked so hard over the past year to keep us all up to date with events, information, and advocacy activities!!!

It is an overwhelming time for all of us with issues looming on local, county, state, national and international levels! Please take a deep breath, educate yourself, be an advocate for the issues you have the time and passion for, and most of all, be respectful of one another (remember while AAUW is political, it is non-partisan - we advocate for legislation to promote our priorities). We respect that our members are also individuals and may have a variety of opinions.



Reminder that **November 30th is Native Women's Equal Pay Day**

Please keep a look out for social media presence for this final Equal Pay Day of 2023.

- Native women working full-time, year-round are paid 57 cents and all earners (including part-time and seasonal) are paid 51 cents for every dollar paid to non-Hispanic white men. This entire calendar may be found on the AAUW website at www.aauw.org.

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PUBLIC POLICY

(continued from Page 2)

Updates from AAUW National: Our hardworking national staff continues to work and lobby on Capital Hill for our AAUW Public Policy Priorities: Pay Equity, Family Leave, Title IX, Lowering Student Debt, Stopping sexual harassment. Sign on to www.aauw.org for more information. Sign up for the easy to use 2-minute advocate tool (if you have not already).

- Our national public policy committee plans some upcoming webinars over this next year (Dates TBD). These may be a combination of formats such as 'clearing house' for sharing ideas between states, 'support group,' and 'tactical-what to do' tutorials on specific challenging issues.
- Title IX Updates: As of November 1, there are no new Title IX rules implemented... yet. At this point, early January is the first possible time to implement. These may become problematic as it may be caught up in 'congressional review' if they are not implemented by April time frame. (AAUW and coalition letter 10.23.23 urging action is available on the website). NJ is pursuing its own state legislation to shore up Title IX protections.

Statewide Updates: While we do not have a legislative session this upcoming year, we do have a primary and an election to be concerned about. Please be sure that you are registered to vote, and that you have a plan to vote!

- Mark Your Calendars: The Primary is Tuesday, February 6, 2024. Early voting will take place between Saturday, January 27, 2024, and Friday, February 2, 2024. The EASE Absentee System will be available by December 23, 2023.
- AAUW Nevada – is in the process of planning a Zoom speaking engagement to learn about Nevada's election systems, how to register, vote, and track or correct your ballot if necessary! Look for upcoming announcements for the date and time.

Thank you for all you are doing! If you have feedback regarding state action items, desire to write letters to the editor, or other outreach to public officials, participate on committees, please reach out to your Branch Public Policy Chair or President, or email me at nicholas89451@gmail.com.



**Thank you, donors to AAUW National! fifty-six gifts, totaling \$7,634.00 were donated between January and October, 2023. This includes several individual donations, as well as Branch gifts.
Your generosity is truly appreciated!**



From the Boulder City Branch:



Ron Eland, Editor of the *Boulder City Review*, accepted our invitation to present at our monthly meeting in September. Members had expressed desire to meet him and hear his views as the new editor of our local newspaper. Ron grew up in Boulder City and is a graduate of Boulder City High School. He started in journalism 38 years ago with stops in Northern Nevada, Hawaii and Arizona. Participants appreciated Ron's explanations and responses to questions about his new position at BCR and his opinions on the plight of local newspapers in rural communities struggling financially and being threatened with extinction. Attendees were pleased with Ron's stories and good humor, especially members who had careers in journalism and are authors.

Tsvetelina Stefanova is a staff research scientist, field biologist and STEM education specialist at the Desert Research Institute (DSI). Everyone in attendance at our October monthly meeting was pleased to know about Tsvetelina's educational history and to learn about her careers in the arts, music, entertainment, business, science, biology and research. Participants appreciated her explanations and responses to questions about DSI, green houses, bear poppies, and citizen science. Members had expressed strong desires to meet and learn from her and were very pleased by her presentation.



From the Capital Branch:

The Capital Branch is once again selling pecans. This is an annual fundraiser that helps us provide funds for scholarships to enhance educational opportunities for girls and women. In addition to orders, we sell bags of pecans (plain, cinnamon, milk and dark covered chocolate and pecan/caramel turtles at the Carson City Christmas Craft Fair.

The pecans are grown in Georgia, harvested in the Fall and shipped directly to us. They are guaranteed fresh for a full year and they freeze beautifully. See Page 8 of this newsletter for the flyer.

For more information or to order, contact Kathy Steinle at steinle3@hotmail.com.

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From the Fallon Branch:

We started our new year with a membership luncheon at The Grid Brewery, a new business in our community. We have three new members so far this year!

Our October meeting featured a speaker from the Chamber of Commerce. We joined the Chamber this year in hopes of generating more publicity for our Branch activities.

In November, one of our new members and the new Library Director will be letting us know about all the new activities happening at our library.

Our Candy Sale will be our December program. The Board met at the end of September to plan for the rest of the year's activities.



From the Las Vegas Branch:

AAUW Las Vegas began the year with a great September meeting. We were able to introduce four of our six scholarship recipients from Nevada State University. Our speaker was Caryll Batt Dzedziak from the Women's Research Institute. She spoke about the research they are doing and about the Young Women's Leadership Conference they do annually for college women. The leadership conference is offered at no charge for the participants.

October brought speakers from the Southern Nevada Human Trafficking Task Force who spoke about this important issue here in Nevada. Our November meeting will be our annual Scholarship Fund Raising Event.



From the Reno Branch:

The Reno Branch is looking forward to an exciting lineup of STEAM programs for 2023-2024. We kicked off the year in September with a membership potluck and program preview and have held our first two programs, *Women in Paleontology* (Dr. Paula Noble, UNR) and *Inspiring and Advancing Women in Technical Fields* (Roberta Ressler, retired engineering director of DOW). Both were well attended and had great member participation. After the December holiday party, we will resume STEAM programming with *Fake News: Misinformation, Disinformation, and Filter Bubbles in Light of the 2024 Election*, *Art and Soul: Nurturing Creativity*, and an *Update on Girls in Math*.

All meetings are held on the second Saturday of each month from October through May, from 9:30 a.m. to 11:30 a.m. September, December, and June will be in-person social gatherings (times may vary). The remaining meetings will be conducted via Zoom so everyone can easily attend.

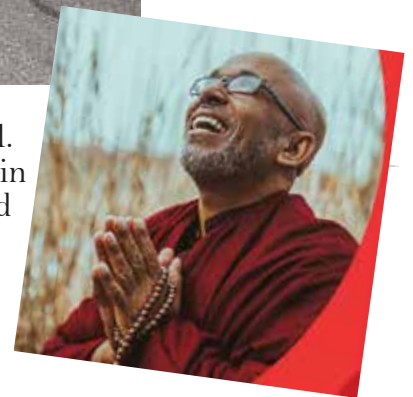


From the Tahoe-Nevada Branch:

In July, we participated in Incline Village's July 4th parade (on July 2nd) and we "played" at the beach during our annual Meet and Greet for new and continuing members. In August, we not only played, but added almost \$2,500 to our Scholarship and Community Education Fund at the Shakespeare Festival performance of the *Little Shop of Horrors*.



Between learning and playing, AAUW Tahoe Nevada had a busy Fall. We learned about women and rural health issues from Planned Parenthood in September, mindfulness from Buddhist monk Bhante Sujatha in October, and the array of STEM activities occurring in Incline Village, schools from the Incline Education Fund in November.



Dressed as witches with a flower among us, we had great fun marveling (and sometimes guessing) at the costumes of hundreds of "trick or treaters" as they meandered through the IVGID Trail of Treats and Terror. In December, we will greet families at the annual Candy Cane Lane and Village, part of Northern Lights, which is how we celebrate the arrival of snow and the holiday season up at Lake Tahoe.





2022-2024 AAUW State Council Information

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Proceeds benefit AAUW Educational Projects



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