



June 2022



## PRESIDENT'S MESSAGE

I am writing this column on the Saturday afternoon of Memorial Day Weekend after my husband and I helped run the first Truckee River Train rides for the 2022 Season in Truckee River Regional Park.

The train is owned and operated by the Truckee Donner Railroad Society. What a joy to participate in such an upbeat activity. The children were so excited to ride the sit-upon-train, and I think most of the adults were also thrilled, perhaps reliving memories of their own youthful adventures on train rides. The Truckee River Train track circles the playground at Truckee River Regional Park, and girls and boys not on the train often like to run over and watch it, especially the engines.

As I watched some of the 5-, 6-, 7-year-old girls jump up and down with excitement, I wondered how many of them may be our future Tech Trek girls, with an interest in engineering inspired by watching the mechanics of a train engine!

Thanks to **Priscilla Mills**, VP Programs, for arranging an in-person General Meeting on May 12th – we all learned so much about our local North Tahoe Boys & Girls Club and what a terrific asset it is to our communities. Then Priscilla presented beautiful spring bouquets of tulips to our Branch Leaders and thanked them for their service.

Next, our AAUW Fund Chair **Barbara Ramsey** announced our Branch Service Award and AAUW Fund Named Gift Honoree for this fiscal year. I am very grateful to spend time with all of you who believe in the mission of AAUW and devote your time, talents, and dollars to support our mission for

the benefit of girls and young women in North Lake Tahoe!

Still to come this spring and summer are a Gourmet Dinner, a Walking Group outing, Great Decisions, Bridge, and a Book Group meeting during which book selections will be made for the next reading year, September 2022 through May 2023.

Sincere thanks to **Meri McEneny** for spearheading the planning and organizing of our Tahoe-AAUW-Branches STEM Trek Day on June 4<sup>th</sup> at the Tahoe Environmental Research Center in Incline Village.

A tremendous thank you to and round of admiration for **Patricia Watters** and **Priscilla Mills**, who will once again represent our Branch as *Dorm Moms* at the UC Davis Tech Trek Summer Camp to be held in person the 3<sup>rd</sup> week in July. Look for an invitation to visit Tech Trek Summer Camp for a day of that week, if they are able to hold that visit this year.

Your 2022-2023 Leadership Team will be holding a planning retreat this summer, tentatively scheduled for July. If you have some ideas and suggestions that you would like the Team to consider, please contact any of your Officers and let them know.

Thank you to those who have already returned your AAUW North Tahoe Membership Renewal Forms and included donations to our various programs. To those who haven't yet returned your Renewal Forms, we hope that you will return it in early June and continue to support and participate in this amazing group of sincere, caring, and dedicated women.

Enjoy the glorious summer months at Tahoe!

*JoAnn S. Cobb*

## PROGRAMS

There is no general meeting in June.

The next member meeting will be on Thursday **September 8**.

At the last meeting on **May 12<sup>th</sup>**, Mindy Turner-Carbajal, CEO of the Boys and Girls Club of North Lake Tahoe, gave a dynamic and informative presentation on the organization that has been a cornerstone of the North Lake Tahoe/Truckee community since 1998.

For more information and photos, go to **pages 6-8** of this newsletter.

**Priscilla Mills** - VP Programs



We met our delegate, Ella Costello-Muzyczka, at the high school on May 5 and

presented her with a check for gas and expenses. She told us at that time she had attended the orientation day and enjoyed it very much. She is looking forward to the week-long program in late June.

**Christine Madden & Linda Larish**

## AWARDS

Presented by **Barbara Ramsey**

### AAUW Fund Named Gift Honoree

The AAUW Fund Named Gift Honoree for 2022 is **Johnnie Lee Don**. This is the highest honor bestowed on one of our members.

Johnnie Lee has assumed many leadership roles throughout the years. She has been Programs VP, a participant in the Girls State Delegate Team, and currently serves as Membership Co-VP. Friday Niters was launched by Johnnie Lee and she is an active member of the Gourmet Group.

The North Tahoe AAUW Branch is blessed to have her giving spirit. In numerous ways, Johnnie Lee has lent her personal touch to our meetings, to the scholarship, Tech Trek, and girls state delegates, to newly elected leaders and always, to fellow

members. Her many contributions of time and donations have been instrumental in the sense of comradery we enjoy. Johnnie Lee, we thank you and are honored to be able to honor you.



Barbara Ramsey and Johnnie Lee Don

I was so delighted to receive the Named Gift Honoree Award! And the presentation by Barbara Ramsey, AAUW Fund Chair, was so creative and full of sparkling fun and music via email, followed by an in-person meet up, over raspberry crepes! Her kind words about my "stint" in this wonderful branch of AAUW had me saying to myself: "I have been a busy bee over the years!" But I have not done anything alone. AAUW NT is only as vital as its members, so "Thank You, One and All, for your never-ending support of this very special Branch."

**Johnnie Lee Don**

### Branch Service Award

The 2022 Branch Service Award goes to **Dianne Lange**. This award recognizes a member of at least 5 years who has made significant contributions of time, mentoring, leadership, and recruiting, held at least one elected or appointed board positions, and served as a chairperson of an interest group. Dianne qualifies on all accounts.

Dianne serves on the Communication Team and has worked tirelessly, behind the scenes, on our website. The importance of this work cannot be underestimated as it is the AAUW North Tahoe's face to the public as well as an information source to all of our members. Diane has created a user-friendly website and her ongoing maintenance to keep it current is very much appreciated.

Dianne also started a new interest group. The walking group is very popular among our members and is also serving as a recruiting tool for new members. Thank you, Dianne, for all you have done and continue to do.



Dianne Lange and Barbara Ramsey



Our five selected nominees registered for UC Davis Tech Trek camp on July 17-23.

Many thanks to **Patricia Watters** and **Priscilla Mills** who are volunteering to be Dorm Moms again this summer. They are looking for a back-up Mom. If you're interested in helping, please contact them.

One girl registered for Virtual Tech Trek on July 24-29. No other Tech Trek nominees signed up for our other virtual camp slot, so our branch retains \$500.

**STEM Trek Day: June 4**, 9am-noon at TERC, Incline Village, NV

- Five AAUW branches are involved: North Tahoe, South Lake, Truckee Donner, Tahoe Nevada and Capital (NV) in Carson City.
- We have two topics: Aviation and Technology.
- Our Aviation presenter is Anna Serbinenko, "Sky Dancer". Anna asked if the hands-on portion of her presentation could have the girls writing letters to Ukrainian children. The South Lake branch will bring Picasso's Peace card for each of our girls.
- Presenting on the Technology of the Tahoe Keys Control Method Test are:

Tiffany Racz, Water Resources Control Engineer from the Lahontan Water Quality Control Board (and Tech Trekker 2007 from South Lake Tahoe) and

Laura Patten, Sr. Science Policy Analyst from the *League to Save Lake Tahoe*.

Following the Technology portion, the STEM committee members of AAUW Capital (NV) will help the girls in groups with the *Design Based Learning project*. The DBL will be a 30-minute collaboration & creative exercise by the girls in designing water access that does not degrade the environment.

**Meri McEneny**- Tech Trek Coordinator



## SCHOLARSHIP

Ellen and Kathie reviewed twelve applications from North Tahoe High School girls who expressed their intention of majoring in a STEM subject in college.

We selected a highly qualified young woman for our one-year \$2000 AAUW North Tahoe Scholarship. The recipient will be announced at the awards assembly in June. Until then, we cannot comment on our selection.

**Ellen Magnani & Kathie Julian**



## MEMBERSHIP

**Time to Renew!**



Some things are worth repeating "Thank You!"  
Membership wants all of you who sent your renewals to Finance officer Patricia Watters in a timely manner, to know how much we appreciate you...  
**THANK YOU!**

**Johnnie Lee Don & Carol Eyre**

The [online member directory](#) is password protected. Contact [Dianne Lange](mailto:northtahoeaaaw@gmail.com) (northtahoeaaaw@gmail.com) for the password.

To get a **membership application form**, download it from our [website](#) (JOIN NOW on upper right of home page) or click here: [Member Application Form](#)



## MEMBER COMMUNICATIONS

Please notify our corresponding secretary, **Linda Larish**, about any member news that should be recognized with a card or note from our branch.

A card was sent to:

**Mindy Turner-Carbajal** – Thank you for presentation

**Kym Pipkin** – Heal well from hip replacement

**Shirley Hale** – Heal well from hip replacement



*Very best wishes to our Summer Birthdays!*

### June

05- Sue DeVoe

12- Sharon Ekin

18- Diane Buckman

19- Christine Madden

### July

07- Dana Loury

13- Carol Eyre

16- Donna Benner

21- Pat Castellucci

23- Cheryl Allen

### August

01- Johnnie Lee Don

12- Rose Orenstein

25- Terry Yagura

## INTEREST GROUPS



### BOOK GROUP

In May, the Book Group discussed David Attenborough's book "***A Life on Our Planet***".

We were inspired to make do-able changes in our everyday life that would address matters of caring for and sustaining of our earthly home.

See **page 9** for some of the thoughts brought forth by your fellow members.

### Time to Choose!

In June, we will be voting for what books to read in our group for September 2022 through May 2023.

We are ready to start collecting your suggestions, which we will put into a spreadsheet for us all to use when we vote in June.

Please submit the following information for each book that you recommend:

TITLE OF BOOK

AUTHOR

GENRE (F, HF, NF, B, M, SCI-FI) \*

COPYRIGHT DATE

NUMBER OF PAGES

BRIEF DESCRIPTION (2 to 3 sentences)

\* F- fiction, HF - historical fiction, NF - nonfiction, B - biography, M - mystery, Sci-Fi - science fiction

On Tuesday, **June 28<sup>th</sup>**, we plan to meet at North Tahoe Regional Park at 12:30 to discuss each book recommendation and vote. More details to follow.

Please email your book suggestions to Cheryl and Barbara at [northtahoeaauw@gmail.com](mailto:northtahoeaauw@gmail.com)

**Barbara Ramsey & Cheryl Allen**



## BRIDGE

The Bridge group met at the home of **Linda Larish** on Wednesday May 18th from 2pm to way past 5pm. Linda, Dianne, Sharon and I played. We definitely had a good time. I am hoping to get more in-person games on the books. Our bridge group has shrunk, and I would definitely love to see more people playing.

We hope to offer Trickster games on the first Monday of the month and live games on the 3rd Wednesday. **Barbara Ramsey** is offering her home on **June 22nd**, for a live game. I'll be calling for those RSVPs the first week in June.

**Betsey Husted**



## GOURMET FRIDAY NITERS

An epic Gourmet feast was held on May 29<sup>th</sup> at the home of **Pat Castellucci**, with Cheryl Allen as a co-host. The Hawaiian theme included kalua pig and many Hawaiian side dishes (no poi though). Nineteen attended. Pat's reputation as a Gourmet host is unparalleled, so everyone was most excited to attend. Pat's beautiful tables were set, only to be equaled by the delicious foods that

were added. Everyone agreed that it was so wonderful to meet in person for such a terrific event!

See more photos on **p. 10-11**.

**Linda Larish**



Cheryl Allen and Pat Castellucci



## GREAT DECISIONS

Great Decisions will be meeting on **June 21<sup>st</sup>**. The subject we will discuss will be "China and the Quad Alliance". Our moderator will be **Jan Potter**.

The meeting will be held at the home of Priscilla Mills from 10am until noon. Priscilla's address is 7624 Pinedrop Lane, Kings Beach.

The Quad member states are a significant direct regional response to Beijing's assertive strategic posture. This should be an interesting discussion.

This June meeting will be the last meeting for the summer, but Great Decisions will resume in September.

We meet on the third Tuesday of the month for 8 months from 10am until noon.

**Linda Schwoob**



## WALKING GROUP

The Walking group will meet at 9AM on Wednesday **June 1<sup>st</sup>** to explore the Sagehen Creek Trail near Truckee.

Sagehen Creek is famous for its camas lilies, and they are blooming now along with other wildflowers.

Contact **Dianne Lange** if you would like to be added to the group's email list. Friends, families, and well-behaved dogs are welcome.



## CALENDAR

### JUNE

- 01: Walking Group
- 21: Great Decisions
- 22: Bridge
- 28: Book Group

## Boys and Girls Club of North Lake Tahoe

General Meeting May 12<sup>th</sup>, 2022

Mindy Turner- Carbajal, CEO of BGCNLT gave us an overview of the organization that is celebrating 24 years of service to the North Tahoe/Truckee communities.

It serves over 1,500 members annually over 4 sites (Kings Beach, Incline Village, Truckee elementary school and Alder Creek middle school, Truckee). With an annual membership fee of \$100, club members can participate in programs spanning 5 different areas: Education & career development; health & life skills; sports, fitness & recreation; the arts (with a nationally recognized children's theater); character & leadership development.

BGCNLT supports families with food insecurities. During April-July 2020, partnering with restaurants, it served 45,000 meals in 3 locations. It will run a program at no cost for children needing extra academic help this summer in partnership with Tahoe Truckee Unified School district.

<https://www.bgcnlt.org/kings-beach-site>



<https://northtahoe-ca.aauw.net/>

During the tour of the club house, we learned that the Arts room is named in honor of **Terry Yagura's** parents.

*"The Art Room at the Boys and Girls Club of North Lake Tahoe is dedicated to my parents, Takeo & Kazuko Tanino. My dad was a self-taught artist who wanted to attend college as his father did in the early 1900's. His ambition for a career was dashed by being incarcerated along with all Japanese Americans at the onset of WWII, as he graduated High School for the length of a college enrollment.*

*Attached is an example of his art at the time".*



Terry Yagura



Drawing by Takeo Yagura

Priscilla Mills, VP of programs, thanked officers and leaders with beautiful bouquets of tulips.









## Sustaining the Planet – one small step at a time

In May, the Book Group discussed David Attenborough's book "A Life on Our Planet". We were inspired to make do-able changes in our everyday life that would address matters of caring for and sustaining of our earthly home.

Here are some of the thoughts brought forth by your fellows:

- **Jan Potter** – plastic recycling [Fluid Project page](#) – all your everyday plastic is being turned into park benches. Refer to website for details and locations
- **Nancy Cline** – Bee's Wrap bags for produce and other choices  
<https://www.epicurious.com/shopping/finally-bees-wrap-made-a-bag>
- **Nancy Cline** - [Become a climate-conscious cook in eight weeks](#) -free 8 week class - create your Ekokitchen
- **Esther Sonnenberg:**

1. Transportation- walking/biking to places rather than using motor vehicles, reduce the number of car trips if possible, drive an efficient car, carpool etc.

2. Shopping/recycling: Reduce the number of items I buy, buy consigned items or at thrift stores, donate to thrift stores so others can buy items, buy items that last longer time, shop locally, shop using reusable bags, recycle packaging, making your own or repurposing/repairing. Share with you friends and relatives.

3. Cleaning: Using non-toxic biodegradable cleaning products.

4. Heating/cooling: setting a smart thermostat to automatically change the temperature when we're not home or sleeping, using sunlight in the winter and shade in the summer to regulate temperature. Usage of sustainable energy sources.

5. Food/food waste: Reduce the amount of food we buy to prevent waste, have a compost system, buy food from local farmers, eat in season, include non-meat options (a certain number of times per week). Cook from scratch. Grow your own food. Use fewer plastic products, use long lasting BPA plastics and recycle plastics in recycling bin. Use compostable plastics. Bring your own storage containers when getting take-out meals.

6. Gardening: Create a garden habitat for local animals, grow food for yourself and animals (such as berries etc.), use food scraps to turn into compost. Use trees to shade your home to reduce the need for air conditioning. Create/support biodiversity. Support parks who are creating biodiversity and maintaining natural plant growth. Limit use of water by planting native plants. Watering during the cool hours to prevent evaporation.

7. Use of gas and electricity: Buy appliances with energy seal, turn lights off when leaving the room or house. Shut off extra refrigerators when not in use, unplug electronics when not in use or use smart plugs, use your oven for multiple items (freeze some), replace light bulbs with LED bulbs. Install solar panels if possible.

8. Laundry: Line dry or use a laundry rack to dry clothes. Use biodegradable detergents.

9. Plastics: Use long lasting plastics rather than single use. Replace bags with reusable, washable bags, buy produce by the piece rather than in bags, drink tap water (or filtered tap water). Install a filtration system, use your own water bottle (which may be made of glass, metal, neoprene or BPA-free plastic).

Let's keep moving this forward and feel free to share your ideas.

**Barbara Ramsey & Cheryl Allen** - Book Group Co-chairs

## Gourmet Group Gathering

**Pat Castellucci** and **Cheryl Allen** co-hosted a feast on Sunday May 29<sup>th</sup> at Pat's home. Nineteen people attended the Hawaiian theme dinner that included kalua pig and many Hawaiian side dishes. Pat's reputation as a Gourmet host is unparalleled, so everyone was most excited to attend. Pat's beautiful tables were set, only to be equaled by the delicious foods that were served. Everyone agreed that it was so wonderful to meet in person for such a terrific event!



