



## PRESIDENT'S MESSAGE

2024 is a leap year, so we have an extra day to do our good work! Some of this good work is done through our [AAUW Fund](#). Our donations help to provide grants for women's research projects.

The most recent winners' presentations can be viewed on Youtube. These projects are so impressive! The topics vary wildly. Some of the most recent ones cover structural engineering, the role of race in midwifery, using butterfly wing structures to better detect breast cancer, and female labor in Afghanistan, to name just a few. I'd HIGHLY recommend that our members watch these videos.

You can find them on the AAUW website under AAUW Fund Fellows Video, or [click here](#) to go directly to the webpage. There are three different videos ([video 1](#), [video 2](#), and [video 3](#)). Each presentation is only a few minutes long, so it's easy to get an idea of what's going on with these projects. I came away so inspired! Happy viewing!

— *Priscilla Mills*



## AAUW FUND

The AAUW Fund supports the critical work of promoting equality for women and girls.

*Continued in next column...*

The **Named Gift Honoree** is an AAUW national award. As a result of our past donations to AAUW Fund we have honored these members.

2023-2024	Two to be named
2022-2023	<u>Priscilla Mills, Terry Yagura, Tahoe Yacht Club</u>
2021-2022	<u>Johnnie Lee Don</u>
2020-2021	<u>Jo Ann Cobb</u>
2019-2020	<u>Patricia Watters, Tahoe League for Charity</u>
2018-2019	<u>Janet Potter</u>
2017-2018	<u>Ruth Arizaga-Whisler</u>
2016-2017	<u>Meri McEneny</u>
2015-2016	<u>Nancy Cline</u>
2014-2015	<u>Kym Pipkin</u>
2013-2014	<u>Martha Cirata</u>

The **AAUW North Tahoe Branch Service Award** was created a few years ago to complement the Named Gift Honoree. Recipients of this award are:

2024:	To be named
2023:	<u>Linda Larish</u>
2022:	<u>Dianne Lange</u>
2021:	<u>Dana Loury</u>
2020:	<u>Meri McEneny</u>
2019:	<u>Johnnie Lee Don</u>
2018:	<u>Carol Eyre</u>
2017:	<u>Nancy Cline</u>
2016:	<u>Patricia Watters</u>
2015:	<u>Darlene Rempfer</u>
2014:	<u>Lynn Flagg</u>

— *Jan Potter*

## PROGRAMS

### Dr. Jeanne Plumb to Speak at Soup Luncheon on February 8



“Body image, eating disorders and emerging trends”. Dr. Jeanne Plumb will discuss a brief history of definitions of beauty, the risks of extremes of weight, emerging science that biology and genetics play a large role in disorders of size (not willpower) and the HAES (Health at Every Size) movement in body acceptance.

Dr. Jeanne Plumb is a Family Physician practicing in the North Tahoe area since 2004. She grew up in Southern California and completed her B.S. degree in biochemistry at Cal Poly San Luis Obispo. She worked as an Emergency Medical Technician then attended medical school at St. George’s University School of Medicine. Dr. Plumb completed her Family Medicine residency, as Chief Resident, at the University of Nevada in Reno. In 2004 she moved to North Tahoe where she worked at North Tahoe Family Care in Incline Village for two years then she joined Truckee

Tahoe Medical Group in Tahoe City, Truckee and Olympic Valley. She continues to work in these locations, now operated by Tahoe Forest Health System, practicing in Urgent Care.

Dr. Plumb teaches sports medicine fellows at the Olympic Valley office and previously served as a volunteer clinical faculty member at the UC Davis School of Medicine. She is a volunteer team physician for the US Ski and Snowboard Team. Dr. Plumb enjoys outdoor sports, raising her two teenage children with her husband and travel.

**Please join us for the Annual Soup Luncheon and this outstanding Speaker on Thursday, February 8, 2024 at the Fairway Community Center at 12:00 pm. Lunch will be served at 12:30 pm.**

RSVP to [Johnnie Lee Don](mailto:JohnnieLeeDon@gmail.com) by Monday February 5th. [johnnieledon1@gmail.com](mailto:johnnieledon1@gmail.com) or (775) 832-8089.

– *Barbara Ramsey*



### **CULINARY CAPERS SPECIAL MESSAGE**

Dear Culinary Capers,

#### ***Calling All Culinary Capers Interest Group Members!***

Our next AAUW meeting on Thursday, February 8, 2024 will be our [Annual Soup Luncheon](#). At this event we honor all our members who work so hard throughout the year as well as those that donate extra funds to our missions. We also honor our mission partners.

We would like CC members to volunteer to bring either a big pot of soup or bread or dessert! (The cornbread last year was especially delicious!)

**The meeting will begin at 12:00 pm at the Fairway Community Center. Lunch will be served at 12:30 pm. The address is 330 Fairway Drive in Tahoe City.**

Please plan to bring your soup by 11:30 am, along with a ladle, plus a printed recipe so members can see what the ingredients are (in the case of allergies).

Thank you, in advance, for volunteering to do any part of this. If you bring your soup in a slow cooker, there will be electrical outlets.

Please let me know what you can contribute by emailing me at [Llarish526@gmail.com](mailto:Llarish526@gmail.com) or calling me at (775) 720-3384. It’s always a fun and delicious meeting.

– *Linda Larish*

## AAUW NORTH TAHOE MEMBERS AND MISSION PARTNERS SOUP APPRECIATION LUNCHEON

February 8th 2024 • Arrive at 12:00 pm • Lunch is served at 12:30 pm  
Fairway Community Center (330 Fairway Drive in Tahoe City)

This special meeting has evolved over the years from soup and fellowship to:



for our North Tahoe AAUW Branch members, the folks who support our missions at renewal time with extra donations and/or as volunteers or participants during the events. These missions include:

**AAUW NT SCHOLARSHIP, AAUW FUND, GIRLS STATE, TECH TREK, and STEM TREK DAY**

Our Mission Partners have also supported us for many years, along with others who are more recently aware of our efforts. We greatly value the following individuals and organizations who go all out in their support of **Tech Trek** and **Stem Trek Day**:

ROTARY OF TAHOE CITY, especially Lew Madden and Don Hale

ALLEN FAMILY FOUNDATION, especially Mary Cushing

TERC, especially Heather Segale, Keeley Martinez, and Katie Senft

TAHOE NEVADA AAUW, especially Laura Durica and Mary Fenelon

SOUTH LAKE AAUW, especially Jan Lynds

CARSON CITY and NEVADA CITY AAUW, especially Stephanie Facchini and Barbara Kuehner

TRUCKEE-DONNER AAUW, especially Phoebe Landry

SUGAR PINE FOUNDATION, especially Maria Mircheva

TAHOE TRUCKEE AIRPORT DISTRICT

THE TAHOE LEAGUE FOR CHARITY

Another Mission Partner is Marianne Ward, American Legion Auxiliary, Unit 587 in Roseville, who very graciously took our Branch under her wing when the unit in South Lake Tahoe was no longer able to sponsor GIRLS STATE.

**LET'S TURN UP THE LOVE FOR ALL THESE SPECIAL FOLKS ALSO!**

## **Tech Trek** by AAUW & **Stem Trek Day**

Priscilla Mills signed and submitted the Memorandum of Understanding (MOU) with AAUW-CA, acknowledging our branch's request and commitment to sending 5 girls to the UC Davis TT camp at a per camper cost of \$1,100. Thank you, Priscilla. Payment is due March 15, and we have sufficient funds for this which are held in AAUW-CA Special Project Funds (SPF). The MOU lists branch volunteers as Priscilla M, UCD Dorm mom, Meri M, UCD Visit Day coordinator, and Cheryl A, coach for Virtual TT. Did we miss anyone?

**Reminder:** TT camps, residential or virtual, need staff plus volunteers at all levels. Please consider if you can offer your talents, a little or a lot, to the Tech Trek camp experience at UC Davis or any of the camps; contact Meri if you can. UC Davis Tech Trek camp is July 14-20, 2024; Virtual camp is July 21-26, 2024. Join the fun, help make it happen!

Our North Tahoe School teachers Julia, Heidi and new Math teacher Alex have started on the TT nominations, between 6-10, 7th grade girls. Principal Chad Lindeen is as supportive as ever. We are blessed to have this committed involvement from NTS. They appreciate, and value Tech Trek!

Once the nomination spreadsheet is returned to me, hopefully early February, I contact the girls' parents to get their permission for their daughters to apply for Tech Trek. Registration by the parents, and application and essay by the girls, are all completed online with the CampDoc platform. AAUW-CA TT Director Dr. Mary Isaac holds online 'office hours' weekly for teachers, parents and branches to understand the CampDoc platform.

After the parents and girls submit responses to CampDoc, I schedule interviews for the girls at school. Our fabulous interview team this year is Priscilla, Cheryl, Maria Snideman and me. The one day interview process is fun and eye-opening, but the selection process can be grueling! Interviews will probably happen in early March.

The annual STEM Trek Day is currently under review. The 5-branch committee is looking to move the event to the Fall; and I have asked

the Tahoe NV committee members to assume leadership. Stay tuned!

NT High School junior and TT alumna Vallerie Laguna joined me recently for the presentation by Dr. Katharine Hayhoe at TERC. Last week we both got her book 'Saving Us' and she signed them after her talk. Dr. Hayhoe captivated a room full of scientists and concerned residents with her depth of knowledge and sheer joyful optimism about tackling the climate crisis. The crisis is real, and the solutions are attainable by each of us taking action for the things we care about: our families, nature, food; skiing, fishing, whatever. Dr. Hayhoe was impressive and Vallerie and I were inspired. Respectfully submitted,

– *Meri McEneny*



Fliers, informational sheets and applications were delivered to North Tahoe High School in late December. Helping Jeff

Ream this year is a counselor new to NTHS, Jennifer Jango-Cohen. She is helping identify candidates for the Girls State leadership week in late June at Sacramento State University. A date in late February has been reserved to interview these candidates.

– *Linda Larish & Christine Madden*



*Very best wishes to our  
February Birthdays!*

**17 – Joyce Grunauer**

**18 – Betsey Husted**

**18 – Ellen Magnani**

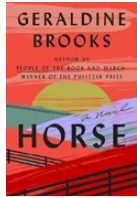
**19 – Rachael Swift**

## INTEREST GROUPS



### BOOK GROUP

**Horse: A Novel** by Geraldine Brooks is our Book Selection for February.



A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across

American history. Available in hardcover/ paperback, on Kindle/Audible and at your local bookstore and library.

Patricia Watters is the presenter on Tuesday, February 27 at the Tahoe Yacht Club in Tahoe City. Brown bag lunch at 12 noon followed at 12:30 pm with the book discussion.

Zoom access will be available for those who want to attend remotely.

Happy Reading!

– *Barbara Ramsey & Cheryl Allen*



### CULINARY CAPERS

We just enjoyed our most recent event as ten of us gathered at Johnnie Lee Don's home to celebrate winter. Toasting with

Prosecco was followed by Swiss fondue and accompanied by a delicious salad, appetizers, and three BEAUTIFUL and very tasty desserts. It's so enjoyable to spend purely fun time with each other. Our next event will be in mid-March. Anyone with ideas on a theme and/or a willingness to host (or co-host) the event should contact Linda Larish ([Llarish526@gmail.com](mailto:Llarish526@gmail.com)) or Johnnie Lee Don ([johnnieleedon1@gmail.com](mailto:johnnieleedon1@gmail.com)).

Following are photos from our January 2024 event.

– *Linda Larish & Johnnie Lee Don*





## GREAT DECISIONS

We had a good turnout for our first meeting for the year in January which included a few new members and we had a few members participate by Zoom. **Next month's meeting will be at 10 am on Tuesday, February 20 at the Tahoe Yacht Club.** Our moderator will be Cheryl Allen and our subject will be **Global Trade and Green Energy.**

– Ann Lyman



## IN STITCHES

In Stitches continues to meet in members' homes on the 3rd Wednesday of each month from 2-4 pm. **The next meeting will be on Wednesday, February 21** and will be hosted by Martha Cirata.

For questions or to be added to the In Stitches group email list, please contact Julie Elmen ([jdelen@gmail.com](mailto:jdelen@gmail.com)) or Esther Sonnenberg ([esther.sonnenberg@gmail.com](mailto:esther.sonnenberg@gmail.com)).

Following are some photos from our last In Stitches meeting in January.

– Julie Elmen & Esther Sonnenberg



## WALKING GROUP

Finally we had a perfect, spring-like day for our **snowshoe to Chickadee Ridge**. This is the second time we've made the trip to the ridge and it's very likely to become an annual event.

Chickadees were happy to see us, and we had a newcomer—Clark's Nutcracker! Maybe we'll revisit the birds in summer!

**Our next walking group event will be on Monday, February 26** (location to be decided). If you would like to be on the Walking Group mailing list, email Dianne at [diannelange@me.com](mailto:diannelange@me.com).

*See some photos of our Chickadee Ridge snowshoe on the following page.*

– Dianne Lange

## Chickadee Ridge Snowshoe Photos



## NOTES SENT

**Dana & David Loury** – Thank you for donation (1/9/24)

**Sue Davoe** – Wishing a positive move, we'll miss you (1/9/24)



## CALENDAR

### FEBRUARY

- 08:** Annual Soup Luncheon
- 20:** Great Decisions
- 21:** In Stitches
- 26:** Walking Group
- 27:** Book Group

