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Calendar of Events

October

- 8 Program & Mtg
- 9 Tech Trek
- 9 Leadership Mtg
- 15 In Stitches
- 16 Culinary Capers
- 21 Great Decisions
- 28 Book Group

Announcements

Save the Date!
Nov 12 (12-2pm)
Special Program:
"The State of
Journalism Today"

President's Message

Greetings everyone, de Paris! My husband, Tom and I are so fortunate to be able to travel to places we have always wanted to see and to still be healthy enough to do it. Many



of us in AAUW are in this stage of life. We've all worked hard to get to this point and I feel that while we are enjoying the fruits of our labor, we have an obligation to keep contributing. That is what we are all doing by being part of AAUW. Let's keep up the great work!

~ Priscilla

Programs

October Program



Special Program - It Won't Kill You to Talk About Death: How Planning Today brings Comfort Tomorrow

In today's busy world we frequently put off doing things that we know we should do, but don't seem essential at the moment. The thing is, there are many simple things we can do to be organized in case of an emergency or serious/end-of life illness. I will share a toolkit my non-profit created to help you get organized now, not when an emergency happens. This will be a very focused talk about specific easy things we should all have in place. ~ Honey Berg, Guest Speaker

About Honey Berg:

I began my teaching career as an elementary/middle school teacher and then moved into the principalship for 20 years. As a principal, I was given the opportunity to create and open a new school designed around providing an engaging, loving environment that supported students' growth and learning. Later, I was promoted to a directorship position and ultimately retired as an Assistant Superintendent of Education.

After retiring, I concentrated my efforts on becoming a Hospice volunteer. My goal was to bring as much comfort and compassion to my clients as possible. I'm certified in Reiki, Healing Touch, Aromatherapy, and Vigiling (providing quiet, companionship, comfort and support at the bedside of a dying person to ensure they do not die alone). My son and Daughter-in-law's dog, Stanley, and I are certified as a therapy team to visit patients. I have also received certification as an End-of-Life Doula.

During my time with Hospice, I became acutely aware of the need for non-medical support for patients diagnosed with life-threatening illnesses. My commitment to these patients led to the establishment of "Stepping Stones" with my dear friend Jane. Stepping Stones is a non-profit organization created to help fill the void of services for patients before they are Hospice ready. At Stepping Stones, our goal is to be advocates for the patient and their families as they navigate the many end of life discussions and decisions needed, helping them to feel safe, heard and confident in their choices.

(Honey Berg is a friend of Martha Cirata, member of AAUW North Branch)

Event Details:

When - Wednesday, October 8th

Time - 12 noon - 2pm

Location - Tahoe Yacht Club

Refreshments - assorted sandwiches, salad & cookies, cold drinks

Members, Spouses, Guests are welcome to attend.

A Zoom option is available with notice

RSVP to Cheryl Allen cherylkallen@cs.com Barbara Ramsey bj3ramsey@gmail.com

November Program - Save the Date!

On Wednesday, November 12th, Mayumi Peacock, founder and publisher of the local newspaper *Moonshine Ink* will speak to our group on "The State of Journalism Today". This timely topic will be of interest to a wide audience, so we are opening the meeting to spouses as well as friends and neighbors. This will be a lunch meeting from 12:00 noon to 2:00 PM at Rosie's Café in Tahoe City.

Please put this important program on your calendar now!

In News: from Tech Trek

2025 Tech Trek, California Recap

- Eight in-person camps statewide, one virtual
- Over 750 campers, 100 branches, 350 schools
- Tech Trek alumni > 16,000
- Almost 450 volunteers at branches and camps - 30% are alumni
- Campers gave camps a 95% value rating afterwards

2026 Tech Trek, California Focus

- Maintain quality of camps & program support
- Grow alumni network
- Advance research & coalition-building
- Community action branch grants up to \$10,000
- Micro-funding to help with branch alums up to \$500
- Building character at Tech Trek camps



Tech Trek 2025

Tech Trek



Please join us, for our monthly meeting and annual program to hear from our 2025 Girls State and Tech Trek representatives.

When: Thursday, October 9, 3:30-4:30 pm (please arrive by 3:15)

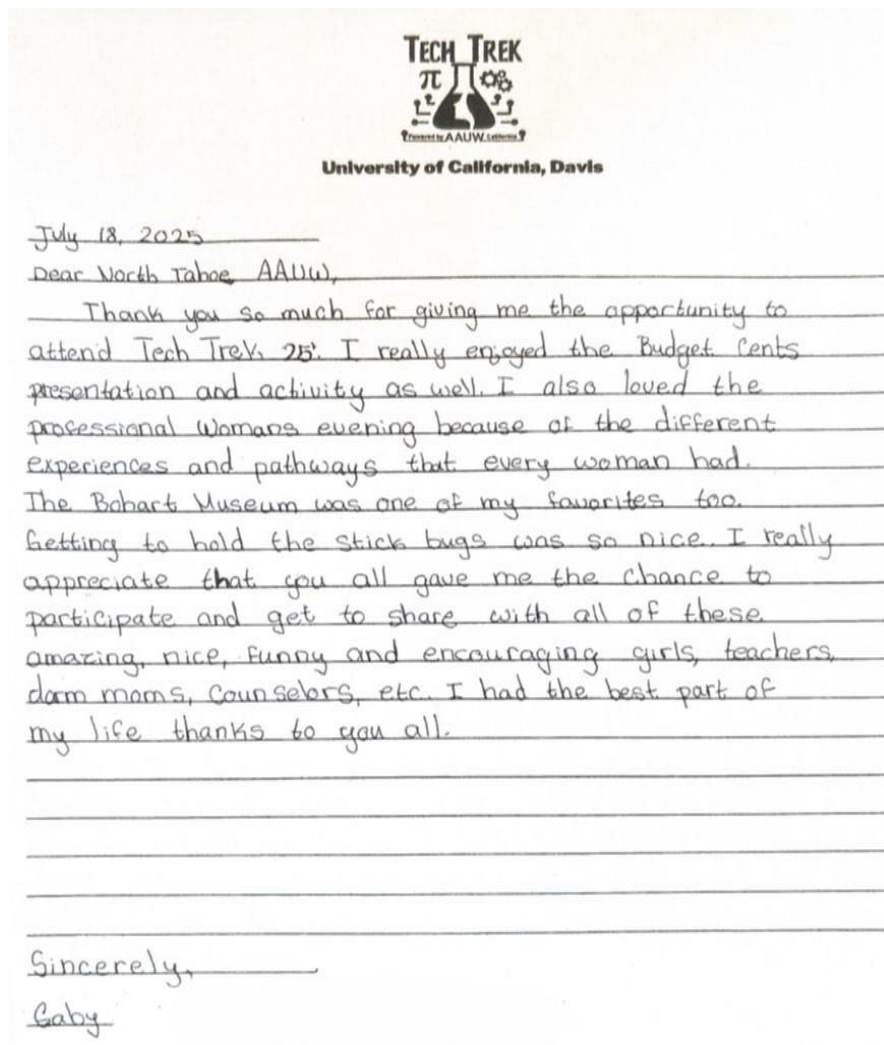
Where: North Tahoe High School Library, 2945 Polaris, Tahoe City,
Take the first right turn when you see the sign for the school; drive up to the lot near the football field, look for the large red AAUW sign at entrance.

What: 5-minute talks about their special camp experiences, plus, a poster. Teachers, staff, parents, and family invited. Popsicle social afterwards.

Who: Girls State (Maria E-R) and Tech Trek (Abby, Audrey, Gaby, Kaylie, and Zulema) representatives for 2025. Emcee: Dulce, Tech Trek 2024

Why: Feel proud of these girls, and of our investment in their futures.

~Short business meeting to follow~



Priscilla and her dorm group

More photos and video coming soon to the AAUW NT website!

Member Communications

AAUW North Tahoe welcomes new member Judi Roberts!

Member Benefits

Membership in AAUW provides a host of perks and benefits. AAUW members:

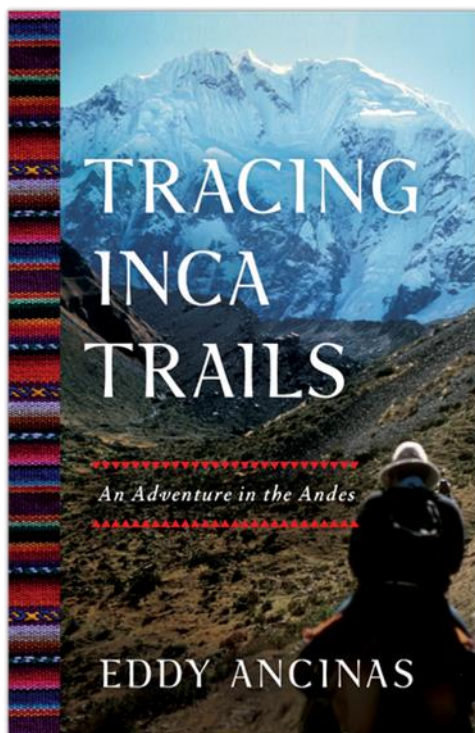
- Receive great discounts and special services on insurance, hotels and travel, office supplies, email services and more.
- Stay informed and active through a host of digital resources and newsletters, including roundups of the latest news and research in gender equity, opportunities to engage in grassroots activism, and updates on AAUW membership resources.
- Weigh in on who will lead AAUW on its board of directors and decide which public policy issues should be our highest priority.
- Get the opportunity to participate in one of the committees and task forces that move our agenda forward. Not to mention the many opportunities to play pivotal roles at the state or branch level.

Birthdays



Interest Groups

Book Group



The next meeting of the Book Group will be on Tuesday, October 28th at the Tahoe Yacht Club from 12:00 to 2:00 PM. Fritz Briner will lead the discussion on “Tracing Inca Trails: an Adventure in the Andes” by Eddy Ancinas. We are fortunate that Eddy Ancinas is a local author, and she will join us at the meeting to talk about her book and share her experiences in person!

Tracing Inca Trails is a true adventure story of an epic 7-day horseback journey taken by the author with two women friends in the Peruvian Andes. Their trek on an ancient Inca trail takes them over a 15,000 ft pass and down into the jungle where they are to meet a train to take them to Machu Picchu. It is a journey full of mishaps—and yet as she and her fellow travelers explore Lima, Cusco, and the markets, villages, and ruins of the Urubamba Valley, they are deeply touched by the people they meet, fascinated by the clues to an ancient civilization, and enthralled by the spectacular setting. The book was a Finalist for the 2022 Best Book Awards in Travel (Essays and Guides).

Eddy Ancinas has written numerous travel guides and article about travel in Argentina, Chile, Peru, Bolivia and Ecuador. Her book is available at Word After Word in Truckee and Alpenglow Sports in Tahoe City, as well as on Amazon in paperback and Kindle versions.

This will be a hybrid meeting - if you can't attend in person, you can join us remotely via Zoom. We will send a Zoom link in advance for anyone who would prefer to join the discussion from home.

Culinary Capers

Fall Greetings! Here is the Culinary Capers line up for the year!

October 16, 2025	Culinary Capers Granola making followed by lunch. More info to come.
January, 2026	Culinary Capers Pasta making with Ann Yuhas and lunch
February, 2026	Annual Soup Luncheon
March/April, 2026	Culinary Capers lunch out with recipe exchange
June, 2026	Culinary Capers Picnic lunch at Joyce Grunauer's place, bring a bag lunch

Let us know if you would like to join Culinary Capers! ~Gay Thomas and Johnnie Lee Don

Great Decisions

Our next meeting will be October 21, Tuesday from 10-12 at Plumas County Bank in Tahoe City. Jo Ann Cobb will be our moderator and our subject will be AI and American National Security-how timely! I am now ordering books for next year so please email me before October 17 if you would like one and/or would like to join the group. We get a 20% discount if we order early (the cost is about \$35) but we will figure that out later. The books arrive early January and we will start with our new topics then. My email is Annhlyman@gmail.com.

~Ann Lyman and Jo Ann Cobb

In Stitches

Our Kick-off meeting was held at Julie Elmen's lovely home. Members shared their current projects and some began new ones. Julie served a Rhubarb Crisp made with her home-grown rhubarb. What a treat! Plans have begun to create another group-made blanket for donation to Project Linus. This time, the blanket will be made of knitted strips rather than squares.

Our next meeting will be held at Judy Brown's home on October 15th at 2:00pm. Further details will be sent to In Stitches members. Please let either Esther or Julie know if you'd like to join us.

~Esther Sonnenberg and Julie Elmen, In Stitches co-leaders



If you have questions, or would like to attend a meeting to see if In Stitches is a group you may like to join, please contact us at northtahoeaauw@gmail.com.

Walking Group

The walking group did not meet in September, but stay tuned for some incredible walks in October and November!