

# The Lodestone

November 2023



## In this issue

President's Message

Covid Guidelines

Board Officers & Com Chairs

Help Wanted

Gov Trek Start-up

Public Policy

AAUW Funds

Local Scholarship News

LS Recipient Updates

Evening Book Club

Interest Groups

Book Review

Holiday Project

Membership

Branch Support

## AAUW Mission

The mission of AAUW is to advance gender equity for women and girls through research, education and advocacy. To that end, the organization encourages its members to actively participate in public discussion to ensure enlightened advocacy on the priorities of AAUW as established by members. Priorities were adopted in May 2023 and can be found on the AAUW website under AAUW Public Policy Priorities. [AAUW Public Policy Priorities – AAUW : Empowering Women Since 1881](#)

Happy  
Thanksgiving



**Saturday  
November 18**

**Doors Open: 9:30**

**Program Starts:  
10:00 AM**

**Peace Lutheran Church  
828 West Main, Grass Valley**

## Climate Change & Water Management

The second program in our **Fire and Water Series** features Nevada Irrigation District (NID) Board President and AAUW Programs Co-Vice President, **Karen Hull**.

Water is one of our region's most precious natural resources and NID is a primary steward of this resource. With over 270,000 acres within its service territory, NID is one of the largest and most complex water districts in California. While NID is blessed with a pristine high Sierra watershed, in the coming decades climate change will have a profound impact on the District and the communities it serves.

At this program, we will hear about the District's strengths, challenges and opportunities. [Click here to continue.](#)

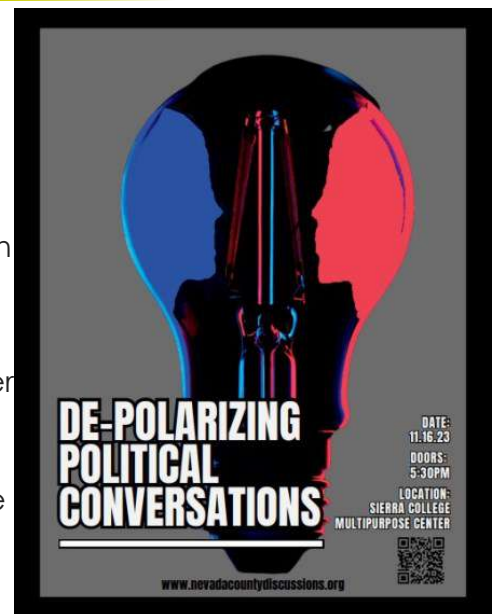
## Public Forum

**Thursday Nov. 16  
5:30 PM**

Learning to speak with respect and civility with people we disagree with is the goal of a special program, "De-Polarizing Political Conversations," scheduled for November 16th at Sierra College.

Presented by the Nevada County League of Women Voters (LWVNC), the Branch, and Business and Professional Women

(BPW) of Nevada County, the program will be led by representatives of Braver Angels, an organization whose mission is to bridge the partisan divide between conservatives and progressives. [Click here to continue.](#)



## Deb York

I hope you all have been enjoying the beautiful colors of fall and the cooler temperatures sprinkled with rain. How lovely and normal it all feels after multiple falls being consumed with fire worries. Our speaker, Brittany Covich gave an outstanding presentation at our recent Branch meeting. She left us with some optimism about our wildfire future with all the local, state, and federal initiatives that are in process across the Sierra Nevada Conservancy. We were unable to record this one, but now have two options for a videographer going forward. We will post Brittany's slides on our website if you would like to review or missed the meeting.

I especially appreciate the efforts of many who took care of our precious **Shirley Payne** who faltered during the meeting and went to SNMH. We celebrated her 100th birthday with her at the September brunch. We have since learned she was able to return home Oct. 23.

We have exciting programs and opportunities ahead: our Nov program with our very own **Karen Hull** who will share what NID is doing to protect our water supply; our "De-Polarizing Political Conversations" forum with our community partners, League of Women Voters & Business and Professional Women; and our very exciting holiday service projects supporting Interfaith Food Ministry and Nevada County Food Bank. We now have 15 new members since July 1st. I hope you will each reach out to them and help them get connected with our Branch members and activities.



*Sue Van Son & Deb York promoting AAUW on KNCO*

We hope you can support our upcoming AAUW Fund drive to raise money for National research, graduate studies, and fellowship grants. A request will arrive in your mailbox in the upcoming weeks. AND, we look forward to our Spring Scholarship Fundraising Gala in April at the lovely home of **Karen** and **Maury Hull** in the Auburn Foothills. We'll take a break from Tapas & Trivia until next year. —*My best, Deborah*

### Covid Guidelines

1. We will assume all Branch members are vaccinated and boosted. If you are not, please wear a mask and let Deb York know and we will accommodate.
2. If you are experiencing symptoms associated with Covid 19 (fever, headache, loss of taste/smell, sore throat, cough, muscle/joint aches, shortness of breath, etc.) please stay home from Branch activities.
3. If a close family member has symptoms or has tested positive, and you do not have symptoms, please mask when carpooling or attending indoor meetings.
4. If you have been traveling with increased exposure, please wear mask for 5 days after returning if you are attending indoor meetings.
5. A meeting host (interest group leaders, committee chairs, etc.) may request participants to test negative prior to attending meeting or wear masks.
6. If you have been exposed to someone who has tested positive (with/without symptoms) please alert meeting host and wear a mask.
7. We will track Nevada County Covid rates and follow all local government and CDC guidelines. We will notify all Branch members of any changes to these guidelines.

## STANDING COMM/TTEES (NON-BOARD FUNCTIONS)

<b>Lodestone &amp; Branch Website</b>	CeCe Royal
<b>Distribution</b>	Jan Williams
<b>Directory/Database</b>	Bonnie White
<b>Hospitality</b>	Gretchen Corbin
<b>Interest Groups</b>	Susie Monary-Wilson
<b>Friendship</b>	Pat Pedersen
<b>Historians</b>	Margaret Munson & Shirley Zeff
<b>Fundraiser</b>	Open
<b>Financial Underwriters Development</b>	Open
<b>Photography</b>	Martha Rees Bernadette Sylvester Sue Miller
<b>AAUW Msg Line</b>	CeCe Royal




Local Scholarship	Rhea Williamson
Public Policy	Melanie Heckel
DEI Officer	Lisa Turlo
Publicity	Martha Rees
Tech Trek	Martha Rees
Ways and Means	Karin Quinn
Communications	Katherine “Bup” Greenwood

## Climate Change & Water Management

Learn about these issues and how NID's *Plan for Water* will help ensure our communities' water future.

**Karen Hull** is an AAUW board member and current NID Board President. She is a 4th generation Californian with an MBA from CSU Sacramento. Karen spent a large part of her career at UC Davis where she served as Associate Vice Chancellor of Human Resources and Business Services. She is also a local commercial flower farmer.



*Karen Hull*



Karen Hull

If you are interested in getting involved, please consider the following opportunities.

1. **Help with Branch program set-up** 3:00-4:00 at Peace Lutheran the Friday before each program (Nov, Jan-April)
2. **Posting notices and pictures of our activities and events on our Facebook page** (we have lots of pictures available).
3. **Book sales committee**:-Help Lisbeth, in Alta Sierra, prepare, load, and cull books prior to Branch programs.
4. **Branch program sponsors**: Every program requires event room rental and other sundry items.

Contact **Sue VanSon** for #s1, **Cece Royal** for #2, **Lisbeth Noel** or **Deb York** for #s3, and **Deb York** for #4.



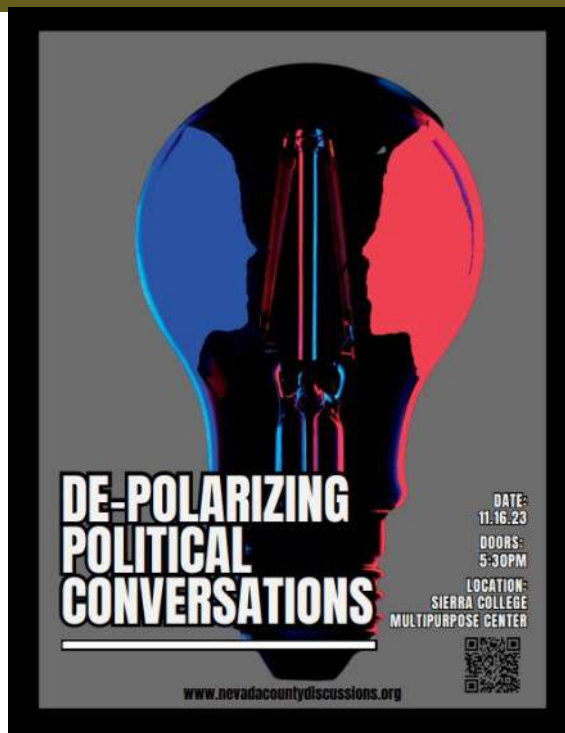
*Continued from Page 1.*

"So many Americans are alarmed and appalled by the discord and hate that is tearing our country apart, but don't know what they can do about it," said **Lynn Forbes**, AAUW member and co-president of the League of Women Voters of Nevada County. "This presentation by Braver Angels is a step in the right direction."

"De-Polarizing Political Conversations" will be guided by two Braver Angels representatives – one who identifies as a red/conservative and one who identifies as a blue/progressive – who will share tools and techniques for communicating in a positive and constructive manner with people of different backgrounds and political affiliations. The objective is not to change someone's political views but to better understand differences, find common ground where it exists, and help strengthen our country.

According to Braver Angels volunteer Maxim Schrogin, this is his way of actively promoting civil discourse in the United States. "I'm drawn to encounter people whose realities differ from my own," he said. As a result, he said he feels his world is expanded and hopes the world becomes a better place for everyone.

Forbes echoes that sentiment, "Words are powerful, and being mindful about how we use them with each other can be incredibly healing and is essential for our country to move forward."



Sponsored by Associated Students of Sierra College, "De-Polarizing Political Conversations" will take place at the **Sierra College Multipurpose Center on November 16. Doors open at 5:30 p.m. and the presentation begins at 6 p.m.** The program is open to the public and is free, including free parking. For more information go to <https://www.nevadacountydiscussions.org/> or email [ncdiscussions@gmail.com](mailto:ncdiscussions@gmail.com).

## Spread the Word: AAUW California Gov Trek



**GOV TREK**  
AAUW California

AAUW California announces its second annual virtual statewide program, Gov Trek. The goal is to address the shortage of women in political leadership roles by galvanizing a new generation to pursue careers in public service and elected office. Over seven two-hour sessions, students will engage in interactive

and inspiring activities with exposure to women legislators, career options, and the inner workings of a political campaign. The program will culminate in a team competition to create a realistic campaign simulation.

Gov Trek is open to girls currently enrolled as a California high school junior or senior, whether in

public, private, home, or continuation high schools. Students can register online on a first come, first served basis. The registration deadline is January 20, 2024. The program can accommodate 140 students. Here's more info: <https://www.aauw-ca.org/gov-trek-internal/> Want to help? You can be part of the AAUW Nevada County Branch Gov Trek team to help get the word out about the program to local high school junior and senior young women and encourage girls to participate. Contact **Martha Rees** ([mjkrees@yahoo.com](mailto:mjkrees@yahoo.com)) or **Melanie Heckel** ([melanieheckel@gmail.com](mailto:melanieheckel@gmail.com)) if you're interested. Also, AAUW CA is looking for volunteers to serve as virtual mentors during the GovTrek sessions. For more info: <https://www.aauw-ca.org/documents/2022/11/gov-trek-breakout-room-facilitator-volunteer-description.pdf/>

## Awareness of Hurdles Means We're Able to Anticipate How to Work Toward Future Gains

What is new with regard to AAUW's Public Policy Priorities? Well, not a whole lot in terms of our number one goal – **equal pay for women**. You have probably gotten several AAUW emails outlining the stagnant equity for women's salaries. Women still earn 84 cents for every dollar men make. But for women of color, it is much worse. According to the latest data, Latinas were paid 52 cents for every dollar earned by white, non-Hispanic men in 2022. The number was slightly better for Black women, who earned 66 cents for every male dollar. Sadly, women make up only 28% of the STEM workforce. Thank you, AAUW, for helping change this with Tech Trek and our STEM scholarships! There is zero evidence to support the notion that boys are better than girls at math and science. To help improve pay equity, we need more women astronauts, pilots, doctors, scientists, and engineers!

### GOOD NEWS

#### 1. The 2023 Nobel Prize in Economics was awarded to a woman, Claudia Goldin.

She is only the third woman to receive this honor. Even more encouraging, she received the prize for providing the first



*Dr. Claudia Goldin*

comprehensive account of women's earnings and labor market participation through the centuries. Her research reveals the causes of change, as well as the main sources of the remaining gender gap. Claudia is 77 and is a Henry Lee Professor of Economics at Harvard University. According to Jakob Svensson, Chair of the Committee for the Prize in Economic Sciences, "Understanding women's role in the labor market is important for society. **Thanks to Claudia Goldin's groundbreaking research, we now know much more about the underlying factors and which barriers may need to be addressed in the future.**"

2. One of AAUW-CA's Top Priority Bills was signed by Governor Newsom. AB 1394 prohibits social media companies from designing

infrastructure that knowingly facilitates, aids, or abets commercial sexual exploitation. This helps protect our children from sex abuse and sex trafficking.

### WHAT CAN YOU DO?

Ask your U.S. Representative to co-sponsor the Safe Schools Improvement Act. It would:

- Require schools and districts receiving federal funding to specifically prohibit bullying and harassment;
- Ensure that schools focus on effective prevention programs in order to prevent and respond to incidents of bullying and harassment both in school and online;
- Require states to report data on incidents of bullying and harassment to the U.S. Department of Education.



*Melanie Heckel*  
*Public Policy Chair*



"The first thing I thought about when Claudia won is how much her research is still inspiring current work.

"There are so many threads that we as labor economists and economic historians can follow from Claudia's work."

... Students today are still digging into how marriage, contraception, and labor market decisions have interacted over time.

—Leah Boustan, professor at Princeton and former student of Dr. Goldin's

# AAUW Funds & Local Scholarship News

## AAUW Funds & Other Philanthropic Opportunities (letter coming to you)

By Carol McMillan



Carol McMillan  
Co-VP  
AAUW Funds

Watch your mailbox for a letter offering you the chance to support any or all of several important projects. AAUW Funds provides fellowships and grants to hundreds of women scholars each year. Our Local Scholarship Fund has awarded thousands of dollars to women from Nevada County. Tech Trek sponsorships enable rising eighth grade girls to explore science, engineering, math, and technology during a

week's residency at UC Davis. And Program Sponsorship enables us to bring important topics to the wider community through our Branch meetings. We can accomplish all this and more through the generosity of members. More information and a remittance envelope will arrive soon. Please consider contributing to one or more of these important activities. Thank you! All contributions are tax deductible and should be received before November 30.

♥ Special appreciation to those who have supported AAUW Funds when shopping at SPD Markets, or by making a contribution when renewing their membership in AAUW.



## Local Scholarships Team Meeting

By Rhea Williamson



The Local Scholarship Committee Full Team met on Wednesday October 18 from 1-4 pm at the Madelyn Helling Library Community Room. The meeting was

attended by 21 of the 27 full team members, including 6 new members!

Highlights of the meeting included time to chat and socialize (while feasting on fruits, cookies, carrots and other yummys); agreeing on proposed changes to the number, options for renewal, and dollar amount of the 5 scholarship options (we anticipate a total giving of \$74,000 in the 2024/25 year and we already have \$56,000 available); adding new members to the existing teams of application readers; voting to create a Local Scholarship Alumni Liaison Position (two members, Maureen Allison and Bonnie White, volunteered to co-lead in the work effort—applause please); and then the icing on the cake—having **Lisa Turlo** describe in detail the newly revised rubric.

The full team calibrated the rubric by first individually using it to evaluate two applications, only one of which could be funded. We then discussed our evaluations table by table and finally via open discussion. Every table and every person selected the same application to fund and tabulated scores only varied by 2-3 points. It was quite exciting and amazing to work together in this supportive and collaborative manner.



Applications will be available between February and March, so we all have a bit of time before reading begins, and much excitement as we continue to find ways to support women on the pathway to achieving higher educational goals. Many thanks to all of the Local Scholarship team members.



# Local Scholarships Recipient Updates

## Ava Johnson Thrives at UCSC!

Ava Johnson is known and loved by most AAUW members because of her years of service to our branch: from videotaping our meetings, to her Tech Trek involvement. It seemed like she was always there. She credits **Martha Rees** for helping her get her internship at the Media Center and working as a junior counselor in Tech Trek.



"It has been such fun for all of us to watch Ava since she was a 2018 Tech Trekker," Martha shared. "I can't say enough about the countless ways that she has supported Tech Trek and AAUW. Ava makes the most of every opportunity and greets each challenge with positive energy and a can-do spirit. At last summer's camp, it seemed like Ava was everywhere offering help, solving tech problems, and always with a smile and calm can-do spirit."

Now she is a freshman at UC Santa Cruz studying computer science. Ava reports that "College is fantastic!" She loves all the walking and even using the E-bikes to get around campus! She's made a lot of friends and, although it is early, she likes programming and English classes best.

Ava has family in Santa Cruz, so she feels right at home, and she plans to surf when she has the time. Although she will miss her family and friends in Grass Valley, she is enthusiastic about the future. Ava wants to work on self-driving cars, and even a self-driving boat that cleans the ocean as it moves!

## Rio Kane Returns to San Diego

I met Rio Kane this summer between her impossibly busy schedule of work, travel, study and family visits. She just returned from the Czech Republic where she had taken a summer Point Loma University class entitled 'Transition to Democracy,' which was a fascinating look at the history of the region. She visited a Holocaust camp and a Soviet Labor camp, all very interesting since Rio is half Jewish.



Rio worked part time at a coffee shop, played volleyball, and kept up with her classes. She loved psychology and now is considering combining her Poli Sci major with psychology. This fall, she has two political science classes. She is particularly looking forward to "Politics of Race, Class, and Gender."



She was surprised at the cliquey nature of Point Loma Nazarene, which is a small Catholic school. It is harder to find friends than she anticipated. She has to attend chapel four times a week even though she is not religious. However, she loves San Diego!

—Articles by Lisa Turlo

*The Gardening Group had a smashing fun & productive time at New Life Nursery, enjoying food/drink and making beautiful pumpkin centerpieces. Thanks to **Shanti Emerson** for setting it up!*



# Evening Book Club Anyone?

## Whoooo's interested in an evening book club?

We have long known the daytime meeting schedules of our two book club interest groups render them unavailable to some members. Additionally, the Mostly Fiction group has grown large--sometimes 20 or more attend a meeting.

With some new members voicing an interest in joining an evening book club as well as a potential solution to reducing the Mostly Fiction size by some perhaps voluntarily migrating to an evening time, we'd like to open up a conversation around this idea: how about another book club to meet monthly on a specified evening? We'd have three book clubs--more variety, more flexibility!

Interested? Please contact [Robin Lavery-Reves](#) and let her know the day(s)/time(s) you'd be able to attend.



Recently, some Edi Silverman recipients gathered to welcome their newest member: **Robin Lavery-Reves**. In the photo top-right, clockwise from the left: Melanie Heckel, Deb Cubberley, Martha Rees, Stephanie Norton, Ann Shulse, Robin, Teri McConnell, Sue Miller, and Susie Monary-Wilson.

In addition to our commitment to AAUW Nevada County Branch's mission to advance equity for women and girls through advocacy, education, philanthropy, and research, we provide educational and enrichment opportunities for our members. If you would like to learn more about the Interest Groups, please see the leaders' contact information in the AAUW Membership Directory or contact **Susie Monary-Wilson**: 530-470-9272



Susie Monary-Wilson,  
Interest Group Coordinator

## Arts and Crafts — Stephanie Norton



In November we will be learning the basics of dry felting. We will be using a felting needle to press roving fibers into a base fabric to make a felted leaf shape. These leaves can be used in various ways e.g. as coasters, to decorate a table runner or just to be displayed. No experience necessary. There are supplies needed. This meeting will be

held on **Thursday, November 2nd**, at **10:00 am** at the home of Teri McConnell. For information on supplies needed and to RSVP, please contact Teri McConnell. In December we will create a beautiful holiday basket, and this gathering will also be the Arts & Crafts Holiday Party.

## Great Decisions — Susie Monary-Wilson



Great Decisions is on hiatus and will restart in **February 2024**. We'll meet on the **4<sup>th</sup> Tuesday, 10 to noon** at Emmanuel Episcopal Church, 235 South Church Street, Grass Valley in Bucks Hall. Please contact Susie Monary-Wilson for more information at

[monarywilson@msn.com](mailto:monarywilson@msn.com).

## IDEAS (Inclusion, Diversity & Equity Action Squad) — Lisa Turlo

The IDEA Squad has been busy this fall! Lisa Turlo, Deb York, Rhea Williamson and Public Policy Chair,



Melanie Heckel attended the Business and Professional Women of Nevada County dinner with Nevada City Mayor Daniela Fernandez. Additionally, mentoring has begun with Nevada Union High School students who are

applying for scholarships. Planning is under way for the March Program with a LGBTQ+ student panel. The next meeting will be **Thursday, Nov. 16**, at the Braver Angels forum, "De-Polarizing Political Conversations," at **Sierra College** from **6-8 pm**; doors open 5:30. Contact Lisa Turlo at [lisaturlo59@gmail.com](mailto:lisaturlo59@gmail.com) for more information.

## Book Discussions

### ■ Mostly fiction — Robin Laverty-Reves

The Mostly Fiction Book Discussion Group will be reading *Lessons in Chemistry* by Bonnie Garmus. We will discuss the novel during our meeting on **Thursday, November 9th**, at **1:00**. Interest group members will receive a reminder email with more information including a request to RSVP. A few weeks ago, Louise, my college roommate's 95-year-old mother passed away. She was a trained chemical engineer who was told repeatedly that she would not be hired due to her gender, so she used her skills for a life in politics from local positions to an appointed position with the Environmental Protection Agency. *Lessons in Chemistry* is an entertaining reminder of the adaptations made by bright, educated women of Louise's generation. A few new members have expressed interest in an evening book discussion group, because they work full-time. If you are interested, please let me know. And if you would like more information about the Mostly Fiction group including venue for the next meeting, please contact Robin Laverty-Reves at [lavertyreves@gmail.com](mailto:lavertyreves@gmail.com).



### ■ Non-Fiction — Diane Kellegrew

In November, the Non-Fiction Book Club will explore the ways to live better and longer. Our book selection, *Outlive: The Science and Art of Longevity* was written by Peter Attia MD, with Bill Gilford. This *New York Times* bestseller aims to help one learn to think differently about aging. The writing is engaging and inspirational. Furthermore, if you are short on time, the audiobook version is highly recommended and read by the author. The Non-Fiction Book Club will meet on **Tuesday, November 21st** from **1:00pm to 2:30 pm** at the home of Cece Royal. If you are interested in joining us, kindly RSVP to Diane Kellegrew ([diane.kellegrew@gmail.com](mailto:diane.kellegrew@gmail.com)).

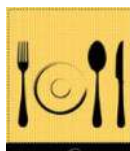
## Garden Group — Janine Martin



Thanksgiving is the 4th Thursday so we will meet the following **Thursday, November 30th**, for holiday wreath making at my house from **10-12** at 140 Northridge Dr., Grass Valley (Morgan Ranch). Please bring your own wire or wood wreath structure (inexpensive at Dollar stores or thrift stores, etc.) and whatever you want to put on it. We will have greenery, ribbon, glue guns and a few decorations. We did this last year, and the wreaths were beautiful, and our picture was in the newspaper. I will be serving cider and snacks. Please rsvp to me asap at 530-263-5894 or [janineandgalen@gmail.com](mailto:janineandgalen@gmail.com). Also mark your calendar for our early December holiday luncheon meeting **Thursday, December 14th** from **10:30-2** at High-Hand Nursery in Loomis. We will carpool from Safeway downtown GV at 9:30 am. We will shop, look at holiday decor and have lunch. I must know if you are coming by the Nov. 30 meeting to make our reservation for lunch. Great nursery and great food. Janine 530 263-5894, [janineandgalen@gmail.com](mailto:janineandgalen@gmail.com)

## Gnaw & Jaw — Deb Cubberley & Chris Boykin

Dining groups are busy scheduling their first get together. Each dining group will meet at least three times between now and the end of May 2024, generally aiming for a dinner in fall, winter and spring. A theme will be provided for each dinner as a way to hopefully guide the groups into some new territory. Plans are also in the works for a couple of dining out experiences in local eateries. If you feel that you missed the opportunity to sign up, it is never too late, just contact either Chris Boykin [chrismboykin@gmail.com](mailto:chrismboykin@gmail.com) or Deb Cubberley [debcbubberley@comcast.net](mailto:debcbubberley@comcast.net), your G'nJ group co-leaders. Please know that (1) spouses, significant others, or just a plus-one are welcome and (2) you are also encouraged to come as a single if you prefer. Bon appétit!



## Gracious Helpers — Pat Pedersen



Gracious Helpers is a group that provides meals for members who are suffering from a trauma. It might be an injury, death, or surgery for themselves or a husband or significant other. We determine the needs of the member, such as dietary necessities, day of delivery and time of the delivery. We use a website called Meal Train which provides us with a page for the recipient. The page provides not only all their information and needs, but also a calendar which

we use to let each other know the days that are available for meals. We are beginning again to need meals for our members. Consequently, we will need more volunteers to provide these meals. They can either make homemade meals or use restaurant meals. We deliver easy meals, and most providers make meals which they usually make for themselves. If you can assist us, please contact Pat Pedersen at 530 477 1881 or [ppedersen76@comcast.net](mailto:ppedersen76@comcast.net). She will be happy to explain the process to you.

## Hiking Group — Mary Menconi



With the weather cooling and fall colors coming, this is an excellent time to get out on the trail! We have many new members who joined at the Welcome Brunch and some great hiking plans for the next few months. Hikes are the **fourth Monday** and **first Wednesday** of each month, year 'round. To join the mailing list, or for more information, contact Mary Menconi [marymenconi@gmail.com](mailto:marymenconi@gmail.com). Hiking will help us work off the extra Thanksgiving calories we all consumed with a moderately challenging 5 mi, 400' Harmony Ridge hike.

## Writing Group — Deb York

Writing groups will meet at the Madelyn Helling Library/Prospectors Room for the following: **Nov 6th, 11:00-1:00**, Writing Subtext workshop; **Nov 13th, 1:00-3:00**, Writing Critique; and **Nov 20th 2:00-3:30**, Write-In. Please contact Deb York if you have questions or would like to join us: 925-216-6140, or [deborah11623@gmail.com](mailto:deborah11623@gmail.com)



*Arts & Crafts worked on gift bags for the holiday season, as shown here.*



## Outlive by Peter Attia

I learned about Peter Attia, M.D., through the Huberman Lab podcast, which centers on



Peter Attia, MD

neuroscience, health, and actionable tools for living your best, most healthful, high performing life.

Answering Huberman's questions, Attia struck me as stunningly articulate, quick, brilliant, practical, and compassionate.

Dr. Attia is an oncologist. In his early practice he notes he had many successes in eradicating cancerous cells

and watching a patient achieve remission. However, far too often there was nothing he could do, nothing except help prolong the patient's life until inevitably the cancer won.

To illustrate how this felt, Attia opens the book with a description of a recurring nightmare

dream: He is trying to catch eggs being thrown from a tall building ledge, the hurler unseen; Attia catches some, but most splat to the ground around him, his subconscious mind creating imagery to mirror his frustration. He saves some, but loses far too many.

This book is about changing that scenario, steering patients toward more healthful lifestyles, less prone to illness and decline. A primary goal: staving off the four horsemen of the apocalypse: cancer, heart attack/ stroke, Type 2 diabetes, and Alzheimer's. He challenges us all to train to be centenarian marathoners.

In the chapters that unfold, he offers detailed but understandable explanations of the physical conditions that contribute to disease and

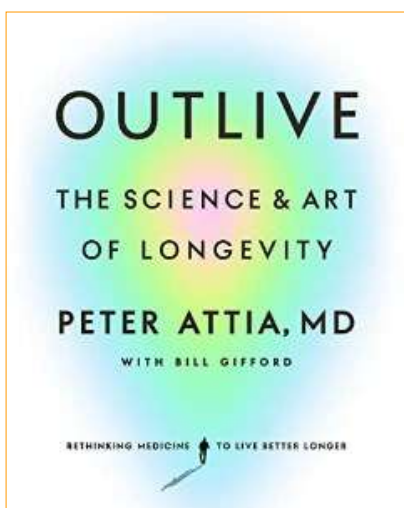
decline: clogged arteries, excess adipose tissue (obesity), insulin resistance, inflammation, gastro intestinal dysfunction, muscle atrophy, and cognitive diminution.

This book isn't just about eating right, exercising, and getting a good night's sleep; it offers scientific detail in how the body works and how you can keep it working right—at least as long as possible because, of course, aging cannot be avoided, and Attia notes advanced age is the most common cause of cancer.

Some patient stories surprise, such as one regarding a friend's wife diagnosed with breast cancer which had already spread to her lymph nodes and bones. Because of her poor prognosis, she was admitted to a control group slated to use immunotherapy as treatment. As a highly motivated patient receiving the immunotherapy treatment, she read everything she could about nutrition and its possible effect on fighting cancer. In her reading, she happened upon the Keto diet and intermittent fasting, both of which she embraced. So as the months ticked by, the women of the control group began to die, one by one until finally all but one were gone--this woman who'd changed her lifestyle had managed to achieve 100% remission. Attia interpreted this result as revelatory, contradicting doctors' standard advice to patients when undergoing chemo--to keep up their strength by eating--when in fact, a person's immune system's performance is heightened in ketosis--a semi-starvation state. Wow.

Notice in the book's subtitle the word "art." Attia sees a life lived with such awareness and intention as artful--like an archer hitting the bullseye. Such grace and skill require practice and discipline, and the end result can be quite beautiful. Read the book, it might inspire you.

—Cece Royal



## Holiday Project: The Giving \$o Far

Wow! Thank you to everyone who has donated to the Holiday Service Projects. Peg Flanders, Co-Finance Officer, reports that as of the end of the October Branch Meeting, you have donated \$1825 for the Interfaith Food Ministry's "Sponsor a Family" holiday meal program, and another \$320 in 'spare change' for the Food Bank's holiday gift bags to home-bound individuals.

Spare change donations have almost reached the goal of \$400 to completely fund 100 gift bags for those home-bound individuals: just \$80 more and we are done! On Nov 29th, from 11-12, you can help pack those 100 gift bags and get a tour of The Food Bank. Sign up at the holiday service project table at the Nov meeting; you'll receive directions for attendance. Dress warmly.

In addition, thanks to you, seventy-three families will receive a holiday meal. Thank you to each one of you generous souls who found that little extra to share with those in need. If your budget allows, but you haven't yet had the opportunity to donate, you have time—and wouldn't one



hundred meals from AAUW be a nice round number?

Checks should be made out to Interfaith Food Ministry, with your email address on the memo line, and brought to the November Branch meeting or mailed to AAUW Holiday Project, PO Box 326, Grass Valley CA 95945.

## Happy Holidays

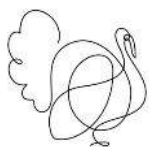
—Diane Kellegrew, Sue Van Son, Bonnie White, Susie Monary-Wilson, and Bup Greenwood

## Bring a Friend to the Next Meeting!

If you know someone that might be interested in joining the Nevada County Branch of AAUW, please encourage them, or better yet, accompany them, to a general meeting.

Not only are our general meetings interesting and informative, but AAUW National sponsors a program that allows prospective members to join at a reduced rate if they join during an AAUW event or meeting. This means that they may join for \$74 rather than \$110 if they complete the application and pay the reduced dues at the event.

At our October meeting we gathered up two new members, **Anne Lohmann** and **Susan Duey**. Please be sure to welcome them.



Our membership at 135 is at its highest in many, many years. Thank you all, for your helpful, willing spirits in attracting and welcoming all.

Correction to last month's column: My article in last month's Lodestone had

**Gail Bakker** retiring from teaching. That was incorrect. That describes **Mary Silvila's** career listed right below Gail. Gail was an environmental consultant and hydrologist.

*PLEASE NOTE: New members will have a bee affixed to their name tags. Please be sure to introduce yourself.*

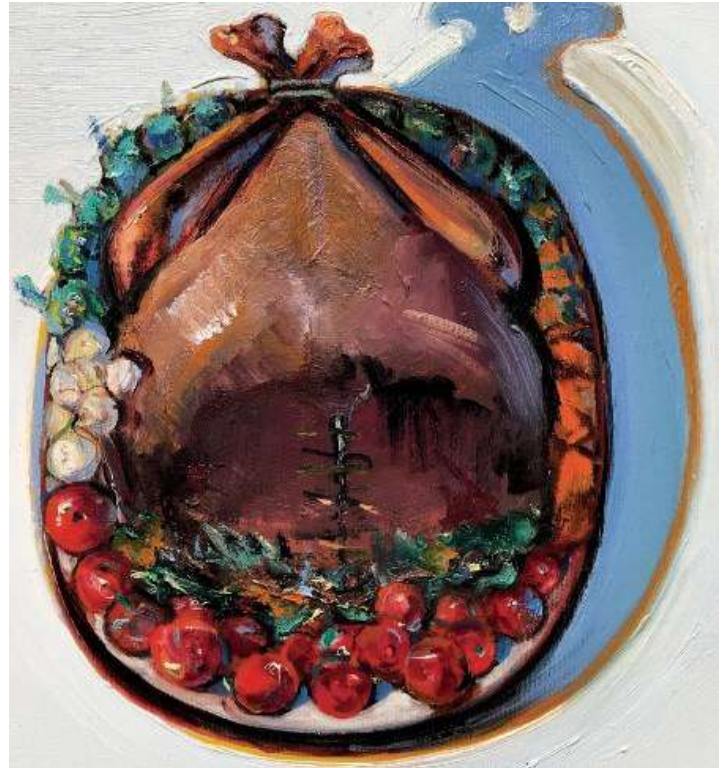


*Deb Cubberley,  
Membership*

## Our Generous Underwriters

These businesses and individuals have generously donated toward the support of our Branch. We are happy to thank them and acknowledge their support!

- **Bodacious Blooms Flower Farm**  
Karen Hull
- **KNCO News Talk 830**
- **Nevada Irrigation District**
- **Allison Rapp**
- **Sierra Tech Guy**  
David Ball
- **SPD Market**  
Ben Painter
- **Westamerica Bank**  
Bernadette & Ed Sylvester
- **Jennifer L. Wilkerson, Attorney at Law**
- **Wolf Mountain Spa**  
Dan Wray
- **Carol Young**



## Ways and Means

By Karin Quinn



Karin Quinn  
Ways & Means  
Chair

Time to update your wardrobe and also help your local Branch as well? Or are you taking a trip, a trek or just need to carry some things around?

Check out our new custom T-shirts and new day packs. If you like to cook or look like you do, we have aprons

back in stock and in new colors, too.

Remember, that in addition to "advertising" our Nevada County AAUW Branch while you're out and about, you will also be assisting in covering our operating expenses. Please contact me ([kwuinn@att.net](mailto:kwuinn@att.net)) about any ordering question. Happy shopping!

Another raffle is in the planning too.  
"Watch this space."



Day Pack & Apron