

The Lodestone

January 2025



Saturday
January 18, 2025

9:30 AM—11:30

Peace Lutheran Church
828 West Main
Grass Valley



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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.](#)

Help - I need a Doctor: Dr. Glenn Gookin will address this theme at our January general meeting. Dr. Gookin is Director of the Sierra Nevada Family Medicine Residency Program, a partnership of Sierra Nevada Memorial Hospital, Dignity Health Methodist Hospital in Sacramento and Chapa-De Indian Health. The goal of the accredited program is to attract, train, and retain family medicine resident interns to our rural community. Dr. Gookin and one of the first residents, Dr. Sparr, will present how the concept began, how it is working now, and the future goal of training the next generation of family physicians in Nevada County.

Dr. Glenn Gookin graduated from University of California, Irvine, with a PhD in Environmental Toxicology in 2011. He attended medical school at the University of Central Florida and then returned to California for residency, completing his family medicine training at the Dignity Health Methodist Hospital of Sacramento in 2018.



Dr. Gookin worked as a hospitalist at Sierra Nevada Memorial Hospital full time for two years before transitioning to a dual role as a primary care provider at Chapa-De Indian Health while still taking hospital calls for adults and pediatric patients.

He co-wrote an Health Resources and Services Administration (HRSA) grant that allowed for the rural residency program to get up and running in 2018, with successful accreditation in 2021. He completed a National Institute for Program Director Development Fellowship in 2022 to assume the role of Program Director (*continued on p. 3*).

Nicholas Sparr, MD, graduated from Roy J. and Lucille A. Carver College of Medicine, University of Iowa. Since completing his medical training at the University of Iowa, he is excited to return to the West Coast to continue working toward creating health equity through advocacy and education (*continued on p. 3*).



Huge thanks to local radio station **KNCO** and **Westamerica Bank** for sponsoring this program.

happy new year

President's Message & Public Policy

At our September Branch meeting, members completed a survey inquiring about skills one had to offer our Branch. Almost all attending members responded. You identified an impressive range of skills from baking to bookkeeping, from graphic design to database development. To my delight, as a professional strategic planner, even strategic thinking was noted. Now, the work begins to match your talents and interests with the Branch's needs.

As Carol noted in the December *Lodestone*, the Nominating Committee will begin their work in January. The Nominating Committee is tasked with recruiting Board members, but they also are 'talent scouts' and assist with identifying where your skills and interests may be needed in roles from leader to committee member.

More and more, the work of the Branch is carried out by committees. While there is a leader that reports to the Board, the committee shares the work (and the fun). For example, the Local Scholarship Committee and Tech Trek Committee will soon kick off their recruitment phase. Without scholarship/ applicant readers and interviewers, this process could not happen. Similarly, the Branch Programs Committee work together to pull off eight robust Branch meetings/events a year. Do you see the tables decked out and the food ready when you come to a Branch meeting? Thank a Facilities or Hospitality team member. The Membership Committee reaches out to new members and members in need.

The Communications team is responsible for our vibrant website, *Lodestone*, and AAUW articles you read in the Union and on Yubanet. And there are even more opportunities to check out in public policy, historian, photographers, etc....

This year, we want to focus on the Fund Development Committee. This mighty group is responsible for recruiting businesses to sponsor our meetings and events. They will soon design a fundraising strategy to support scholarships in the upcoming year.

On a personal note, I joined the Branch in 2020 at the start of the pandemic. Being new to Nevada County, pandemic isolation left me without a way to meet people. When I heard that our Branch was starting a strategic planning process to address how to move forward post-pandemic, I asked to be involved. I am so glad I reached out. That act of volunteering was the beginning of many enriching friendships and a chance to use my skills for a worthy cause.

The Nominating Committee is searching for leaders and workers at all levels and across all committees. We LOVE self-nominations. If interested reach out

aauwnevadacounty@gmail.com.

Help us work together to empower girls and women! --*Diane Kellegrew*



Diane Kellegrew
Co-President

Public Policy

I hope you have had happy holidays and enjoyed time with friends and family. I am going to keep this short, as there is nothing much new to report about protecting women's rights, promoting equity, and working to implement AAUW priorities. As you all know, many challenges lie ahead for implementing our goals during the incoming administration. Here are a few of the issues that we will be discussing in future issues of the *Lodestone*:

1. Women's Right to Choose across the country
2. Preserving Title IX, created to address historical marginalization on the basis of sex/gender in education, especially recent modifications

3. Equal pay for women
4. The Equal Rights Amendments (ERA)
5. California Legislation – Lobby Day is Coming Up!

Hang in there. Everything runs in cycles and now is the time we need to fight very hard for women's rights. We will never give up!

PLEASE LET ME KNOW IF YOU WANT TO HELP WITH PUBLIC POLICY AND BECOME PART OF A TEAM.

HAPPY NEW YEAR!



Melanie Heckel
Public Policy Chair

EXECUTIVE COMMITTEE

Co-Presidents	Carol McMillan & Diane Kellegrew
Past President	Deborah York
Secretary	Ann Gould
Finance Officers	Peg Flanders
Program VPs	Carolyn Feuille & Bernadette Sylvester
Membership VP	Vicky Hines
AAUW Fund VPs	Francesca Erickson & Jo Ann Schilling

APPOINTED OFFICERS

Local Scholarship	Rhea Williamson & Lisa Turlo
Public Policy Communications	Melanie Heckel Katherine "Bup" Greenwood
Publicity	Martha Rees

Tech Trek	Martha Rees
Ways and Means	Karin Quinn

STANDING COMMITTEES (NON-BOARD FUNCTIONS)

Lodestone & Branch Website	Cecelia Royal
Directory & Database Facilities & Hospitality	Bonnie White Catherine Criss Flowers Penelope Savelly
Interest Groups Friendship Historian	Sue Van Son Pat Pedersen Shirley Zeff
Fund Development Photography	Open Martha Rees Bernadette Sylvester Sue Miller
AAUW Msg Line	Peg Flanders

December Board Highlights:

- The Nevada County Branch Bylaws are being updated and will be presented to the Board and then the Branch in early 2025.
- The Fund Development Committee will be sending out holiday cards to our donors to encourage donations for our Local Scholarships and Tech Trek attendees.
- The Interbranch Council will be having a statewide luncheon at the end of January

and members are encouraged to attend .

- The Nominating Committee will be meeting this month to discuss who might be future leaders in our Branch.
- Members are encouraged to listen to KNCO on Wednesday, January 8 at 8:40 am to hear an interview about our Branch activities.



Ann Gould
Secretary

Continued from Front Page...

Having grown up in a rural mountain community in Southern California, **Dr. Glenn Gookin** was drawn to the beauty and vibrant small town communities of Grass Valley and Nevada City.



**Glenn Gookin, MD
PhD, FAACP**

While completing his doctorate at UC Irvine, he continued his work in the development of a student-run free clinic which sparked his interest in family medicine. He made a tough decision to transition career paths and

coasts, leaving basic science research for primary care. He attended medical school at the University of Central Florida after which he returned to California to complete a residency.

Dr. Nicholas Sparr was born and raised in and around Portland, Oregon, and considers Beaverton his hometown. He graduated from

Grinnell College with a BA in English and American Studies.

Nick briefly pursued an interest in journalism at *Trail Runner Magazine*, but soon after transitioned to nonprofit work. He most recently served as harm reduction services manager at the Iowa Harm Reduction Coalition where he worked to reduce healthcare barriers for individuals who use drugs and who experience housing insecurity.



Nicholas Sparr, MD

Nick is a die-hard Portland Trail Blazers fan, a mediocre runner, and a reckless skier. He enjoys cooking and hiking with his wonderful wife, Young-Eun, as well as spending time with a book and his two ungrateful cats, Rococo and Cookie.

The biggest news in AAUW Funds is the coming Luncheon on January 25th. It will be held at the North Ridge Country Club, 7600 Madison Ave, Fair Oaks. The deadline to make a reservation is 17 January 2025. You can make a reservation on eventbrite.

One of the interesting areas that is funded is the International Project's Grants. They support initiatives that advance gender equity for women and girls and are led by AAUW International Fellowship Alumnae. When AAUW International Fellows pursue education in the US, their commitment to empowering women and girls in their home countries doesn't end, and neither does their need for financial support. The AAUW awards grants to those who have returned home after their studies. They can build on their academic work and implement community-based projects that will enhance the lives of women and girls.

Grants have tackled women's equity issues head-on such as securing property rights for widows and building safe hearths for cassava

production. Mary Dzansi-McPalm, a grantee, helped women and girls in Ghana learn to process and market cassava. Diedie Weng trained women farmers via video to document and discuss local techniques and challenges in organic agriculture in northern China. She went on to produce films including, "The Beekeeper and his Son," which sounds like a great children's book to me. Of course, I would change it to "The Beekeeper and his Daughter."



Fran Erickson, VP, AAUW Funds

I find the breadth and scope of the projects fascinating. These are just a few of the many, many projects. It's not too late to send your support of these efforts to the AAUW fund. You can specify the area to which you would like your donation to go. And many thanks to all of you who contribute to AAUW FUNDS! Your money can go around the world.



North Ridge Country Club, 7600 Madison Ave. Fair Oaks

Join the party! AAUW Fund Luncheon

Sponsored by your Capital Counties Interbranch Council

Saturday, January 25, 2025
Noon – 2:30 PM; doors open 11:30

Keynote speaker: *Charmen Goehring, AAUW California President, speaking on our current challenges & opportunities, and on the positive work of AAUW Funds.*

In addition, two active AAUW Fund Scholars will share their remarkable journeys, highlighting the details and progress of the work AAUW is supporting.

Make sure you have a place at the table! To use a credit card (fees apply) click [here](#). OR – write a check for \$32 to AAUW Sacramento. Mail to Reservations Coordinator, Hedda Smithson, 4033 Main Street, Fair Oaks, CA 95628-7520. Online or mailed payment must be received by Jan. 16th, 2025. If mailing, include this information, & menu choice:

Name _____ Branch _____
Phone _____ Email _____

- Menu choices:
 Turkey Breast, Mashed potatoes, vegetables OR
 Thai Chicken Salad OR
 Pasta Primavera (vegetarian)
AND
 Limoncello cake OR Fruit cup



Local Scholarship Recipient Updates



Rhea Williamson
Local Scholarship
Chair

Joy to the world, to all of you, and to all the college going women supported by our amazing Nevada County Branch.

Scholarship team members are pretty much in a resting place right now, waiting for the scholarship application process to begin.

Soon, however, we will be busy as ever reading about the needs, dreams, goals, and aspirations of the new applicants. Depending on funding availability, we may be awarding over 30 applicants with new or renewal funds!

May the spirit of the holidays inspire more giving and enable us to support local women and girls in embarking on their educational pathway.

Enjoy the season and see you in 2025!

Julia Katz

By *Nancy Jeffery*

Julia Katz was a leader and outstanding student at Ghidotti, respected by her teachers as rigorous, nurturing, compassionate about the work and fellow students, and resourceful. Her ardor for investigative journalism led her to create an online newspaper and to pursue a life with purpose. Sixty of her Ghidotti credits transferred to UCSB.

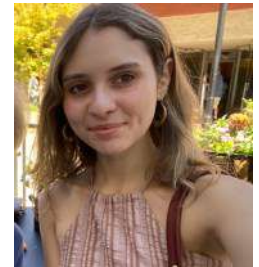
A grateful student at UC Santa Barbara with a CLEO scholarship and a passion for history and professional writing and the social impact they have on society, she will have a double major in Portuguese and history with a minor in education.

She selected classes that explored the history behind topics in both science and history.

Writing historically about current issues, she submitted three op-eds for publication, one of which featured the background of Proposition 6, prison labor, and criminal justice.

Julia is motivated by the challenges of university courses, critical thinking, and the depth of her classes. She feels an exciting sense of freedom to "choose my classes and build a life of my own."

Julia is excited and grateful to be at UCSB. Anticipating stress, she took some Rec Center classes to maintain balance and good mental health, and in a pottery course she made holiday gifts for her family. The beach has been a source of inspiration and fun as well.



Gina Genovese

by *Rhea Williamson*



There hasn't been a dull moment yet for me at UCSB. I joined a sorority

and beach volleyball team, so between

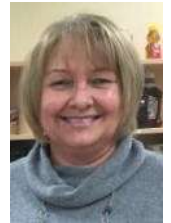
those classes, and spending time with friends, I've managed to keep myself as busy as in high school.

Keeping this busy and figuring out how to keep up with the pace of classes was difficult at first, but I've figured out better studying habits to help me succeed.

College so far has been an incredible experience, and I look forward to the next 4 years and all the opportunities ahead of me.

Interest Groups

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 Interest Group Leader **Sue Van Son**.



Sue Van Son

Arts and Crafts — Teri McConnell



Happy New Year!!! We hope all of you had a wonderful holiday season. Arts & Crafts will be taking the month of January off from any crafting gathering.

Get ready to start again on **February 6 at 10:00am** at the home of **Teri McConnell**. **Kate Dumont** will be leading us in making these cute heart decorations. The one pictured is a box that can be hung on the wall, but let your imagination flow. Perhaps you would like to decorate the top of a box you can store your trinkets in or a China plate. Some supplies will be provided. To get a complete list, please **RSVP to Teri McConnell by January 30**, so we can get you all the information you need for this craft.

Mostly Fiction Book Group — Robin Laverty-Reves

Mostly Fiction Book Group members will begin 2025 by discussing *Arctic Summer* by Damon Galgut during the meeting on **Thursday, January 9th at 1:00**. This fictionalized biography of author EM Forster will continue the theme of loneliness from our November novel, *All the Lonely People*, and has some character intersections with *Mr. Keynes' Dance* discussed in October. We again realize the importance of relationships developed among our group members. Interest group members will receive a reminder email with more information including a request to send an RSVP to the host. 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.



Non-Fiction Book Group — Diane Kellegrew

Our last meeting of 2024, was a festive occasion themed Holiday Memories. Everyone brought a food dish. So a small feast was shared as well as memories. The meeting was festive with lots of laughs.

In January we are reading *We Will Be Jaguars: A Memoir of My People* by Mitch Anderson & Nemonte Nenguimo. This is an inspiring story of Nemonte Nenguimo from her early childhood in Ecuador's Amazon rainforest to her rise as one of the most forceful voices in climate change activism.

We meet on the **third Tuesday** of the month from **1 to 2:30 pm**. Our meetings are always fun and enlightening. **January 21st** meeting will be hosted by Mary Menconi who will lead the discussion. If you are interested, kindly RSVP to Peg Flanders at myblackdogs@dpflanders.com for details.

Evening Book Group — Cathy Kalt

Our Evening Book Group is currently on a winter hiatus until **February 26th** when we will resume our regular meetings on the 4th Wednesday of each month, from 6-8 p.m.

If you're interested in joining us or would like more information, please contact Cathy Kalt at cakalt@hotmail.com or 650-704-1579.

Garden Group — Brett McWilliams & Carol Raynsford

Ah, a new year with new goals. Let's start the new year by **learning or refining your skills with starting plants from seed**. Do you want to start some quick growing flowers and save money or are you one that has specific things you like to grow but can't always find them in the garden centers? Patricia will show us what supplies we need and how to get best results, even on your windowsill or a shelf near a window. Our meeting date is **Thursday, January 23, 10-12** at Patricia's home and greenhouse.



RSVP to Carol Raynsford, craynsford@gmail.com or call 530 273-1244 w/ questions to give Patricia info on how many to set up for.

Writing Group — Deborah York

Our Write-in group meets for 1.5 hours each month to simply write together. We meet the **3rd Tuesday (Jan 21, 2025) 2:00-3:30** in the Gold Rush room at the Madelyn Helling Library in Nevada City.

Our Writing Critique group meets for 2 hours each month on the **3rd Tuesday (Jan. 21, 2025) 10:00-12:00** in the Gold Rush room at the Madelyn Helling Library in Nevada City. This group normally meets on Monday, but due to the Martin Luther King Holiday, we will meet on Tuesday in January.

We post writing for critique on our Google drive by Friday midnight prior to each meeting. We also offer quarterly skill building workshops as requested. Contact Deb York, Deborah11623@gmail.com if you would like to join us.



Interest Groups (cont.)

Gallivanterers

In December the Gallivanterers dined at Sopa Thai in preparation for the wonderful Off Broadstreet production that was the branch's Holiday event. Very enjoyable, especially since we were also joined by some members of the Gnaw 'n Jaw group.

In January a group of us are trying something different. Mary Sivila has made reservations for us at the new Escape Room in downtown Grass Valley. Everyone who has done an escape room is very positive about the experience. We will let you know how it goes. If you don't hear from us by February, please come looking!

In February we are planning a snowshoe expedition (well, maybe more like a short hike). It's always so nice to get out into the fresh air. Deb York will be leading us on this adventure. We are looking for someone to lead the March event. I have some ideas if you are willing to lead.



If it sounds like you are missing out on lots of fun, just contact me to get on our list. Remember it is for couples and singles and we have several of each that attend.

Gnaw and Jaw — Deb Cubberley & Chris Boykin

Several times during the year, we have a large group gathering of all our members at a local restaurant. In December, we decided to pair this with the all-branch Christmas outing at Off Broadstreet by having dinner at Sopa Thai, right across the street from the theater. This worked out very well and the Thai food was delicious. The small dinner groups of 6-8 will schedule their second get-togethers this month to pick the theme of their choice from a variety of options such as favorite recipes from childhood, everything barbequed, pick a food type (Italian, Mexican, etc.), or USA regional dishes. If you have signed up for this group but are no longer interested in attending, please let us know so that those on the waiting list may take your place.

Gracious Helpers — Pat Pedersen



Gracious Helpers 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. 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. She will be happy to explain the process to you.

Great Decisions — Susie Monary-Wilson

We will begin our new Great Decisions season on **Tuesday January 28th** at the Emmanuel Episcopal Church in Grass Valley from **10 to noon**. Workbooks have been ordered and will arrive in early January. The topic for our first meeting is "American Foreign Policy at a Crossroads," which is very timely! If you'd like to join this educational and engaging group, please contact Susie Monary-Wilson at monarywilson@msn.com or call 530-470-9272.



Hiking Group — Mary Menconi

Our December 4 hike was Deer Creek Trail from the West End, led by Mary Menconi. The first two miles of the walk were along the Newtown Ditch, then we dropped down to the Chinese Bridge. Some hikers then returned to their cars while others continued on to the swinging bridge.



Our December 16 hike was cancelled due to the arrival of some much-needed rain. Our January hikes will be Wednesday, January 1, and Monday, January 20.

A very big thank you to everyone who led a hike in 2024! Happy New Year and I look forward to hiking together in 2025!

We hike the **first Wednesday** and **third Monday** of each month. Hike locations are decided by the leader and are announced via email about one week in advance. If you would like to join the Hiking Group or reserve a date to lead a hike, please contact Mary: marymenconi@gmail.com

Brisk Walking Group — Joan Naszady

Now that the winter weather is settling in, we'll have to wait for some drier days to walk. Join us when you're feeling cooped up inside! We get together and walk 3-5 miles for an hour or two on the following schedule:



- **Second week** of the month: **Monday or Friday**
- **Fourth week** of the month: **Monday or Friday**

Days/times are set by walk leaders. Please email or text me if you would like to lead or join a walk. I will send an email a week ahead. Joan Naszady 707-972-6852 jnaszady@gmail.com

Interest Groups (cont.)

NEW INTEREST GROUP POSSIBILITY SPANISH CLUB

AAUW members are invited to gather at Lisa Schliﬀ's residence once a month to practice speaking and listening to Spanish. All levels – beginning to advanced and native speakers – are welcome. We will spend the entire time conversing in Spanish. To prompt lots of conversation, we'll play board games, have cooking lessons, sing songs, read poetry and listen to presentations volunteered by any participant. Lisa will have Google Translate available

on her laptop for expansion of vocabulary. Lisa holds a B.A. from UCSB in Spanish and spent her senior year in Spain. She sang in a Spanish chorus for twelve years and taught computer skills in Spanish to immigrants in Richmond, California.



Contact Lisa at onthbeamalisa@gmail.com.

Suggested day and time: Mondays from 5:30 p.m. to 7:30 p.m. This is subject to change depending on availability of interested members.



Evening Book Group



Mostly Fiction Book Group



Non-Fiction Book Group

Arts & Crafts



Writing Group



Hikers



Brisk Walkers



From Bernadette Sylvester

Carolyn Fuille and I would like to thank **Peg Flanders** for all her help with the ticketing and finances of the Off Broadstreet holiday event. She really rose to the occasion. Thank you Peg.

Over 60 AAUW members and guests enjoyed a fun evening at Off Broadstreet Theater in Nevada City on December 6. The holiday-themed musical featured songs and dance by the talented Off Broadstreet cast along with fabulous costumes, beverages, and over-the-top desserts from Emily's.

Our thanks to **John Driscoll** and his staff for getting our holiday spirits off to a great start.

NOTE from editor:

Thanks to Bernadette Sylvester for suggesting this event and the many calls she made to the Off Broadstreet proprietor to secure the theatre for the Branch. We filled it!!



Program Sponsors

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**

- **Owens Estate & Wealth Strategies Group**

- **Allison Rapp**

- **Sierra Tech Guy**
David Ball

- **Westamerica Bank**
Bernadette & Ed Sylvester

- **Wolf Mountain Spa**
Dan Wray

- **Kim White, Attorney at Law**



Mankind in a Nutshell - by Jack Handy,

"Maybe in order to understand mankind, we have to look at the word itself. Basically, it's made up of two separate words — 'mank' and 'ind.' What do these words mean? It's a mystery, and that's why so is mankind." - Jack Handey.

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 a 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.