



Capital News!

AAUW Capital (NV) Branch

May 2018

Visit our website at <http://capital-nv.aauw.net/> Contact us at aauwcapbr@gmail.com

AAUW Mission:
 Advancing equity
 for women and girls
 through advocacy,
 education,
 philanthropy, and
 research.

Branch Meeting

May 1, 2018
5 PM
911 E Musser
Carson City
 RSVP to Louise at
 885-0269 or
elseidel@gmail.com
 by **noon** on April 30.
 We need to know YES or
 NO, meal or not.

Read all about it!

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President's Message

by Caroline Punches

THANK YOU! As we move toward the end of our AAUW year, thanks to each and every one of you for YOUR commitment to the mission and vision of AAUW. As a member of AAUW, YOUR voice is being heard at the national, state and, of course, the local level.

National is asking for YOUR feedback on the proposed strategic plan. AAUW CEO, Kimberly Churches sent an email to all members on April 16th requesting input on the proposed strategies and implementation timeline.

AND, of course, voting on the bylaws amendments proposed by our national board is scheduled to open on April 25th. You will receive your voting PIN, if you haven't already, when you receive your Spring AAUW Outlook magazine via email.

The state convention of the Nevada AAUW is in Fallon on May 4-6. Details of this program are elsewhere in this newsletter. There are some great workshops and speakers lined up – so we hope you can join us.

And, locally, we need your input as we begin planning for the 2018-19FY! Watch your email for a Survey Monkey! Your leadership team for 2018-19 year needs YOUR ideas as well as your volunteer assistance to help make the 2018-19 AAUW year a success. There are numerous ways YOU can help! So - watch your email and respond as quickly as possible! THANKS!

Our May 1st membership meeting addresses a topic of interest to each of us...

(cont'd on right)



May Program

By Judy Welch, Program Vice President

Chuck Duarte is the speaker for our May 1, AAUW program. Chuck has been involved in health care issues for his entire career including serving as Director of the State Medicaid program. He is currently Chief Executive Officer of the Community Health Alliance. Chuck has championed access to affordable, quality health care for all segments of our society. Chuck and his staff are experts on local and national health care policies. Come to the program with your questions.



Chuck Duarte, CEO. **At C.H.A. we are dedicated to providing accessible health care for ALL people in our community.**

Our staff is here to provide help and direction whether you're insured, under-insured or uninsured. Whatever your situation or income level, we'll help you get the care you need. We consider it our responsibility to help find pricing that's appropriate for you, through discount programs, sliding scale payments and any other options we can access.

women's health! Additionally, we will be celebrating Cinco de Mayo a bit early with our catered enchilada meal! Don't forget to **RSVP** to Louise Seidel at 775-885-0269 or elseidel@gmail.com. She needs to hear from you **by April 30th at noon** regarding your attendance and whether you want a meal!

Happy 74th Birthday to the Capital Branch on May 22nd!



State Convention

by AAUW State Program Chair, Nancy Stiles

Have you registered for the AAUW State Convention coming up May 4 – 6 at the Convention Center in Fallon, NV? Please help us welcome our keynote speaker, Joanna Amberger MBA, AAUW Board of Directors, who is coming to us from Hawaii.



Joanna Amberger is a certified financial planner and the founder of 3 Financial Group, an independent financial services firm with offices in Hawaii and California. She developed her business model around empowering women by helping them take control of their financial futures and devotes personal time advocating for women's issues. Joanna is the president of the AAUW Honolulu (HI) Branch and sits on the board of directors for Planned Parenthood of the Great Northwest and Hawaiian Islands. She earned her undergraduate degree from the University of Illinois, Urbana-Champaign, and her MBA from the University of Hawaii, Manoa.

In addition to our keynote speaker, we have exciting workshops lined up for our Saturday program, and STEM speakers for our Sunday morning program.

Join us for fun, fellowship, and powerful information for your personal growth.

AAUW Nevada State Convention Agenda May 4-6 Fallon Convention Center “Empowering Women, Enhancing Leadership Skills”

Friday: 4:00 State Council & Branch Presidents' meeting @ Holiday Inn Express **Friday:** 5:00 – 6:00 Meet and Greet @ Holiday Inn Express

Saturday: 9:00 Check-in /Registration at Convention Center 9:30 Welcome - Mayor Tedford, Color Guard, State President: Janice Flanagan welcome and introduction of Joanna Amberger 10:00 – 11:00 Joanna Amberger, AAUW Board of Directors member 11:15 -12:15 Workshops 12:30 – 1:15 Lunch 1:30 -2:30 Workshops 2:45 – 3:45 Plenary: “Leadership Challenges” (panel consist of workshop presenters: Kit Prendergast, Peggy Wozinak, Robbyn Tolles, Jennifer Verive & moderator, Nancy Stiles) 3:45 –State Council Officers' Elections (Debbie Nicholas) 4:10 - Announcements (Janice Flanagan) 4:15 Adjournment 6:15 – 6:45 Cocktail Hour (cash bar) 6:45 – 7:45 Dinner

Sunday: 9:00 – 9:30 Coffee, tea, muffins, water at convention center 9:30 – 9:45 Welcome back/ Announcements (by State Council President, Janice Flanagan) 9:45 – 10:45 STEM Speakers -Lynda R. Wiest, PhD and Heather G. Crawford 10:45 – 11:45 STEM Speaker - Connie Harney (Tech Trek) 11:45- 12:00 Adjournment by State Council President, Janice Flanagan

Workshop Choices for Saturday:

1) “Silent Signals” by Nancy Stiles, morning choice only
We form opinions of one another within seven seconds of meeting and 93% of the messages people receive from us have nothing to do with what we actually say. In this workshop, you will learn to recognize and use nonverbal language to your advantage as a leader.

2) “Colorful Personalities: Navigating the Differences & Bringing Out the Best!” by Katherine (Kit) Prendergast

We all have different personality styles and luckily, each style brings its own unique strengths, skills and assets to the table. The challenge for leaders is to learn how to navigate these differences while bringing out the very best of each individual team member for the benefit of the team as a whole.

3) “Dealing with Conflict” by Peggy Wozinak

All organizations experience conflict. Managing conflict is an important leadership skill. This presentation will explore the nature of conflict and offer strategies for dealing with it effectively with an emphasis on the unique challenges and skills women leaders bring to the task.

4) “Discover Your Coping Skills” by Robbyn Tolles
Good leadership requires self-management. Self-management requires knowledge of stress management. Learn about the elements of stress and coping that will help you create balance in your life.”

5) “The Scoop on AAUW’s Work Smart: What It Is, How It Works, and How Your Branch Can Close the Gender Wage Gap Now” by Dr. Jennifer Verive, afternoon choice only. AAUW’s Work Smart salary negotiation workshop is designed to help women who are already in the workforce, at any career level, to negotiate for a new job, raise, or promotion. This workshop immediately builds the skills and confidence women need to earn what they’re worth. It’s a non-partisan, cost-effective solution for closing the wage gap ****now****. In today’s session you will get an overview of how the program works, practice the key skill of Know Your Value, and learn how to help your branch effectively promote the workshop in your area.



Explore and support
women’s issues
at

<http://www.aauw.org/>

AAUW Public Policy

By Nancy Stiles, Public Policy Chair

Take the Pledge to Protect Title IX

Title IX is essential to ensuring that our schools are free from discrimination, including sexual harassment and violence. But recently, Secretary of Education Betsy DeVos [took action](#) to roll back protections for survivors of sexual assault.

In spring 2018, the Department of Education is expected to change Title IX's regulations, which could have [significant implications](#) for students' civil rights and federal enforcement of the law. With progress under threat, we all must be ready to make our voices heard. **Help fight back against attacks on Title IX by pledging to take part in AAUW's upcoming campaign to protect Title IX. Go to [AAUW Two Minute Activist](#) and take the Pledge.**

Membership

By Mary L. Castro-Wilson, Membership Chair

April showers have brought May flowers and three new members to our AAUW Capital (NV) Branch. Please join me in welcoming Cheryl Anderson (Minden, NV), Carly Page (who hails from Washington, DC and now resides in Carson City), and Dorthiann Taylor (a transfer from AAUW Reno Branch, now residing in Carson City). A big "shout-out" to these new members and to all our members who makeup our Capital Branch! We welcome and appreciate each of you. To date we have 71 members in our branch. We want to keep you, as you are the "life blood" of our organization. Without you, your knowledge, and experience, we would not exist. Which brings me to our \$80.00 annual dues, due by June 1st. To date 22 members, or 31% of our branch, have renewed their memberships. I will be sending you a second renewal notice at the beginning of May. If you have any questions or concerns on how to pay your dues, I am always available to help. My contact numbers are Home 775-885-7573 and Cell 775-721-5124. Thank you.

Happy Mother's Day to all our mothers, grandmothers, great grandmothers, and great, great grandmothers!

Happy Birthday to all who are celebrating a birthday this month.

*Mothers
hold their
children's hands
for a while,
but their hearts
forever.*



SAVE THE DATE!

It's official! Our Scholarship Awards and Installation of 2018-19FY Officers will be on **Saturday, June 2nd at 11:30AM!** Thanks to all who responded immediately to the quick survey on April 17 & 18! Joanie's Creekside Café at 1795 East College Parkway has agreed to open that Saturday to accommodate our event. More details will be in the June newsletter.

Questions? Answers!

by Caroline Punches

Membership Surveys



Question: Why does the branch do a membership survey?

Answer: Survey results help the leadership team plan programs that are of interest to our members.

Question: Can I make suggestions if I don't like the options?

Answer: Absolutely! There is an opportunity for you to make suggestions with most of the questions.

Question: How are the questions determined?

Answer: The questions are developed from input from the officers to help identify the information they would like to have when planning activities for the next year.

Question: Will it take much time to complete?

Answer: Surveys are typically limited to 10 questions or less and multiple choice. So they won't take much time – BUT the information is critical for planning purposes.

Question: What if I don't complete the survey?

Answer: Your opinions will not be included in the results which help determine our programs.

Question: Do I have to answer each question in the survey?

Answer: While we are hoping you would answer each question, it is not required. We hope you would answer at least those questions that are most important to you.

Question: When will the survey be conducted?

Answer: Our goal is to have it distributed before the end of May!

A mother is not a person to lean on but a person to make leaning unnecessary.

—Dorothy Canfield Fisher

Interest Groups

by Diane Koditek

the world
is full of
interesting
things...

Gourmet Group: Despite a Friday the 13th date, 13 people attended the Gourmet dinner at Diane Koditek's home co-hosted by

Carolyn Kellogg. The delicious all-things-Italian menu included appetizers, minestrone, chicken marsala, polenta, with salad, bread and Maureen's Italian cream cake. There will be a Brunch theme for May at 11 am on Saturday, May 12 at Maureen Smith's Home with Nancy Bailey co-hosting. Please RSVP to Nancy 775-461-3311 or Maureen 775-888-0975 by Monday May 7th. Happy Spring to all!

Great Decisions: The Great Decisions group will meet on Tuesday, May 22 from 1 to 3 PM at Linda Sekiguchi's home. The group will be discussing "Turkey: a partner in crisis". Anyone interested in joining the group may contact JoAnn Carpenter jac78x@gmail.com or 775-297-3889.

Evening Book Group: In May, the group will meet at 6:30 PM on 5/17 to discuss author Jacqueline Winspear's book *Maisie Dobbs* (first book in the series). Linda Hiebert Sekiguchi will lead discussion at Diane Koditek's home. For more information about the group, please contact Diane at 661-304-8743 or dgk@mchsi.com.

Daytime Book Group: The group meets next on Friday, May 18 from 2 to 4 PM at the Brewery Arts Center coffee shop. They will be reading *Everything I Never Told You* by Celeste Ng this month. Janice Noble will lead the discussion. Questions about the group? Please contact Cindy: cindywhite@nevadawordsmith.com or call 775-267-3685.

Knitting: The knitting group meets the second and fourth Tuesday of each month from 1 to 3 PM. For May, the meetings will be on the 8th and 22nd at the home of Barbara LeBlanc. The group received the first contribution for Alice's Embrace from Shirley Williams (a lovely afghan in a beautiful shade of slate blue). From chair Zee McClintock, "Come and join us as we knit and purl and make some great fabric." All skill levels are welcome. Contact Zee at edzeemcc@gmail.com or call 775-884-3565 for more information.

Informal luncheon:

Come and join in for good food and conversation on Tuesday, May 15 at 11:30 PM. We will meet at Kristopher's Ristorante, 939 Mica Drive in Carson City. Newer members are especially invited! For more information or to RSVP, please contact Diane Koditek, 661-304-8743 or dgk@mchsi.com.

AAUW ISSUES: HEALTH CARE

Medicare and Medicaid

Medicaid is the national health insurance program for low-income Americans jointly funded by the federal government and states. More than 39 million women are enrolled in Medicaid, which accounts for nearly 58 percent of the program's total adult beneficiaries. [One out of every 10 women](#) in the United States receives her health care through this program.

A major part of the 2010 health care law was an expansion of Medicaid eligibility to people under age 65 with incomes of up to 133 percent of the poverty line. In its 2012 decision on the constitutionality of the law, the Supreme Court ruled that the federal government cannot make states' current Medicaid funds contingent on participating in Medicaid expansion. Many states have cited the modest [increase in state funding](#) needed for Medicaid expansion as grounds to reject it.

Medicare is the national health insurance program for seniors, though it also covers younger people with certain conditions. In 2015, Medicare covered approximately 28.7 million women, making up more than 55 percent of all program beneficiaries. Women live longer and on average have greater need for the services Medicare covers. For instance, [more than 60 percent of enrollees](#) in the prescription drug program are women. At their core, Medicaid and Medicare represent two crucial elements of the social safety net. They, along with the federal-state Children's Health Insurance Program, which has covered millions of previously uninsured children since its inception in 1997, are bedrocks of our health care system. Americans, especially women, rely heavily on the protections these programs offer and the services they provide. As implementation of health care reform begins, these programs must continue to be maintained and strengthened.

Health Care Reform Is a Women's Issue

While all Americans have benefitted from meaningful health care reform, the issue has particular resonance for women. According to the Department of Labor, women make approximately 80 percent of all family health care decisions, and about 60 percent of women report that they assume primary responsibility for decisions regarding family health insurance plans.

When it comes to their own health care, women face unique challenges. Women [earn around 80 cents](#) for every dollar men earn, but women also utilize more [health care services](#) than men. As a result, women face a high level of health care insecurity. These factors add up to too many women and their families with unpaid medical bills and [long-lasting debt problems](#) as a result of health problems.

Learn more about AAUW and women's health care at <https://www.aauw.org/what-we-do/public-policy/aauw-issues/health-care/>



May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Branch meeting 5 pm	2	3	4 - 6 Nevada State Convention, Fallon	
6 Nevada State Convention	7	8 Knitting Group 1-3	9	10	11	12 Gourmet Group 11 am
13 	14	15 Informal Luncheon 11:30 am	16	17 Book Group 6:30	18 Book Group 2-4	19
20	21	22 Great Decisions 1-3 Knitting 1-3	23	24	25	26
27	28	29	30	31		June 2 11:30 Scholarship Awards luncheon

Your 2017-2018 Board

President — Caroline PUNCHES, 246-1850
 Membership VP — Mary Wilson, 775-885-7573
 or 775-721-5124
 Program Co-Vice Presidents — Marty McGarry
 775-690-3913 and Judy Welch 775-721-1731
 Secretaries, Co-Recording — JoAnn Carpenter
 775-297-3889 and Lynne Ballatore 775-246-3870
 Secretary, Corresponding — Shirley Williams,
 775-386-8787
 Treasurer — Barbara LeBlanc, 775-781-4956
 Newsletter & Website — Lin Nary, 775-230-9676

Reminder: Any AAUW Capital Branch member may suggest a community event that she believes would be interesting to participate in. Please email suggestions for the coming month to Diane Koditek, dkg@mchsi.com. Suggested activities will be posted in the newsletter in the Bulletin Board section.