



Website lowerctvalley-ct.aauw.net
Facebook facebook.com/groups/460005185436947

Lower Connecticut Valley Newsletter
SEPTEMBER 2023



LCV SEPTEMBER CALENDAR EVENTS

Wednesday, September 6th

1:00pm - Afternoon Book Club

Tuesday, September 12th

12:30pm - Mahjong

Wednesday, September 13th

Time TBD - Hiking Group (Email will have details)

Thursday, September 14th

6:00pm - Members Meeting/2023-24 Kickoff & PotLuck Supper (Bring a sweet or savory dish!)

Wednesday, September 20th

3:00pm - Great Decisions

Tuesday, September 26th

7:00pm - Evening Book Club

Groups NOT meeting in September:

Gourmet & Cultural Trips

For more information, visit the LCV website calendar! Press Ctrl + Click on below LCV website link:
<https://lowerctvalley-ct.aauw.net/calendar/>

Click on blue box arrow on left side of "August 2023" to move ahead to September calendar. Click on any event listed and details page will show. Click on the bottom "more details" for further information, if provided. Check it out!

**LCV General Meeting/
2023-24 Kickoff
& PotLuck Supper**

**Thursday, September 14th
6:00 to 9:00 PM
Saybrook Point Pavilion**

***Bring a SWEET or SAVORY dish!**

Soft beverages will be provided.

MEETING AGENDA:

**Presentation & Discussion on
National AAUW:
What it does; Why it matters;
How LCV fits in;**

LCV 501(c)(3);

Membership Dues & Privacy Form;

Website Update.



PRESIDENT'S MESSAGE

Welcome back, everyone. I trust all of you have had a healthy and happy summer. The Board has been quite busy over the summer updating the LCV website. Please have a look at it at: www.lowerctvalley-ct.aauw.net. We hope you find it more useful (see Calendar page in particular) and informative about LCV and National AAUW.

I look forward to seeing all of you at our annual Pot Luck Supper on September 14th at the Saybrook Pavilion at 6pm. Please be sure you have paid your membership dues by then. At the meeting, we will give an overview of National AAUW and LCV, our monthly LCV programs for the year, and the interest groups we offer. There will be sign-up sheets that night for the various interest groups. We will also collect any donations you wish to make to support AAUW National's fellowship grants, and programs such as Tech Savvy, NCCWSL and salary negotiations for women.

Please be sure you fill out the permission form to allow us to include your name, address, email and phone number in the membership directory, newsletter, Facebook, and password-protected LCV website. If you need a permission form, please contact Barb Dimberg, Secretary.

I am looking forward to another year of intellectual stimulation, great activities and just plain fun!

PRESIDENT'S HONOR ROLL

This is a new feature that I am starting this year. I will name members who have made extraordinary contributions to LCV, particularly those who may work "behind the scenes" but are essential to our success.

I would like to honor the following members:

- **Dee Dee Volz, Marcia Machuga & Jeannette Santovasi** for their past and on-going management of our refreshments and set-up for the meetings. Another kudo for Dee Dee is the fantastic job she did at managing items for the auction and chance game at the Book Author Luncheon (BAL);
- **Kathy Heebner.** Kathy is leaving our Board this year, but I wanted to honor her for her work as co-chair with Linda Frigon of our highly successful 2023 BAL;
- **Gloria Gery** for her incredible energy and hard work in revising & updating the LCV website;
- **Kristen Owens** for editing and management of our terrific newsletter and website assistance.

--Deb DeHertogh, President

MEMBERSHIP

Our 2023-24 membership dues were due on June 30th. To date, we have 15 members who have not yet renewed. **If you would like to be listed in our 2023-24 Membership Directory, dues must be paid by our first monthly meeting on September 14th.** A check for \$110 (\$72 National Dues, \$10 State Dues, \$28 Branch Dues) made out to LCV AAUW can be mailed to AAUW Membership, PO Box 379, Old Saybrook, CT 06475; OR brought to the September 14th meeting; OR you can renew online at www.aauw.org using the instructions emailed to you if you had not yet renewed.

Please send any changes of information (address, email, phone number, etc.) by September 14th so it can be included in our Membership Directory to: margierice@comcast.net.

We have had 16 new members join our branch since March --- and 65 renewed members – for 81 to date.

We will be welcoming new members at our September 14th PotLuck Supper Meeting at the Pavilion at Saybrook Point. Information will be provided about AAUW and our LCV Branch activities. ***Please bring a friend or family member who is interested in joining! New members who join at this meeting will have their names listed in the new Membership Directory, which will be available at our October 12th meeting.*** New members can also pay by check.

Since the September 14th meeting is open to new members, it qualifies as a "Shape the Future" event – SO -- any new member who joins will get 50% off their national dues (a savings of \$36!) Please contact Margie Rice if you have someone who would like to join with this discount but cannot attend the meeting.

We look forward to seeing you all at our September 14th PotLuck Supper Meeting!

----Margie Rice and Deb Herskovitz, Co-chairs



Lower Connecticut Valley AAUW Educational Grant Recipients 2023

The AAUW-LCV Scholarship Committee is pleased to announce the recipients of the 2023 Educational Grants.



Tajeah Winston resides in Ledyard and is studying molecular cell biology with a minor in communication at the University of Connecticut. Her goal is to attend medical school to pursue a career in anesthesiology. She works part-time at the University of Connecticut Avery Point Academic Center assisting other students and volunteering at Lawrence and Memorial Hospital.



Talia Hincks achieved her Associate degree at Middlesex Community College, and is now enrolled at Rider University to continue her English degree. She is a lover of art, a dedicated student, and proud to have the official title of “Captain” at her workplace, Saint Clements Castle. Once graduated she intends to pursue a career as a literary agent, and use her acquired skills to become a published author.



Taylor Roy is a sophomore nursing student at the University of Connecticut. Once she completes her nursing education, she hopes to serve patients, families, and the local community as a nurse practitioner, with a focus on under-served, low-income, and vulnerable populations. She wants to work in an environment that emphasizes holistic, patient-centered healthcare and access to care for all.



Jessica Sponheimer, an East Lyme resident, is a student in the accelerated Bachelor of Science in Nursing program at the University of Connecticut where she has one more semester to complete her degree. She was recently named to the Dean’s List, and she is the Vice President of the nursing student association. Jessica returned to college after her first degree in retail merchandizing and a decade-long career in retail management.



Aleia Hayes, a Clinton resident, received an Associate in Science degree in the Honors Program from Middlesex Community College in May 2023 and will attend Simmons University to major in Exercise Science and minor in Studio Art. She plans to pursue an advanced degree in Physical Therapy. Her recent experience includes working in an art gallery as well as at a fitness facility.



Jessica Wood, an East Lyme resident, is studying psychology at the University of Massachusetts with the goal of obtaining a Masters of Social Work degree and working as a school social worker. She has worked part-time as a substitute teacher and peer counselor, and volunteered as a camp counselor and at a food bank.

SCHOLARSHIP

NEWS from NCCWSL STUDENTS

The LCV AAUW branch sponsored two (2) students who attended the annual National Conference for College Women Student Leaders, organized by the National AAUW, and held at the University of Maryland late May.

LCV sponsored Allyson Zadavec, who is enrolled to become a teacher at the U of Mass- Amherst. Allyson shared: *“It was an incredible experience through which I learned so much about what it means to be a leader from so many strong women, both those who led the sessions and gave speeches; but also through peers, who I met along the way.”* Allyson attended workshops on self-care, personal well-being, professional self-advocacy, effective STEM teaching, and the keynote address by AAUW CEO Gloria Blackwell.

The other student LCV sponsored-- Jordyn Masse--is studying pre-med at Marist College. Jordyn shared: *“Being able to attend NCCWSL was an amazing experience. I am extremely grateful and honored to have had the opportunity to attend this great conference and grow my network of women within the working world.”* She attended workshops on STEM motivation for women pursuing graduate school, a panel of women in medicine and medical research, meetings on time management, and overcoming burnout in the workplace. Jordan concluded: *“NCCWSL was an incredible opportunity and I have learned a lot. I will implement everything that I have learned into, not only my daily life, but my future career.”*

Both students were recommended to attend NCCWSL by current LCV branch members. If you know of any current college students who would benefit from attending NCCWSL, please contact Sue or Olga.

--Sue Aberbach & Olga Saubermann, Co- Chairs.



STATUS UPDATE: AAUW LCV EDUCATION AND SCHOLARSHIP PROGRAM 501(c)(3)

We are thrilled to announce that our newly formed AAUW LCV Education and Scholarship Program has received tax-exempt 501(c)(3) status from the IRS!

A select group of AAUW members worked with lawyers from ProBono Partnership to create this new tax-exempt public charity organization to support our goals of fundraising and providing educational scholarships to women. Benefits of creating this tax-exempt organization include:

- **Donations are 100% tax deductible** to individual LCV members, the public, and business/ corporate donors/sponsors;
- The 501(c)(3) designation gives LCV credibility with sponsors/donors as it's now a federal government approved public charity;
- LCV is now eligible to receive deep discounts from Zoom and charge card sales for Books, Silent Auction, etc. at our Book Author Luncheon fundraiser;
- Our LCV website donation button currently has a rate for accepting credit/debit cards of 2.89% per transaction; now, as a 501(c)(3) we will pay only 1.99%;
- LCV will receive a **CT Sales Tax (6.35%) Exemption** on purchases, venue rental, catering services, meals, services, equipment, etc. (CT sales tax on the Saybrook Point Inn is about \$550, thus saving LCV at least that amount);
- LCV is now eligible to apply for grants from community, public, corporate and private foundations, as most limit their grants to 501(c)(3) public charities.

--- Linda Frigon, Fundraising Chair

AAUW LCV FACEBOOK PAGE

Please check out and join our AAUW Lower Connecticut Valley Branch Facebook Page to see our **latest group member event photos!**

Control + Click on the link below to view:

<http://www.facebook.com/groups/460005185436947>



INTEREST GROUPS

EVENING BOOK GROUP

Date: **Tuesday, September 26th**

Time: **7:00pm**

Location: **Deb DeHertogh's home**

Book: **Demon Copperhead by Barbara Kingsolver**

The first meeting of the Evening Book Group will be at the home of Deb DeHertogh, 147 Ayer's Point Rd, Old Saybrook. Judith Slisz will lead us as we discuss Demon Copperhead.

We will also choose most of the books for this year, along with meeting dates and locations. Please consider hosting.

I have received several book title suggestions. If you have additional ideas, please send to me before September 4th, so I can email all a list prior to our September meeting.

If you plan to attend on September 26th, call/ email Deb ahead: deborahdehertogh@comcast.net /860-395-1241. Happy reading!

---Mary Jane Peterson, Chair

AFTERNOON BOOK GROUP

Date: **Wednesday, September 6th**

Time: **1:00pm**

Book: **Master Slave Husband Wife by Iton Wolf**

Location: **via Zoom (invitation will be emailed)**

A non-fiction book that follows Ellen and William Craft, an enslaved wife and husband who escape in disguise from Georgia in 1848, and via train, boat, and on foot, eventually arrive in Philadelphia and Boston, where they become abolitionists and work alongside with Frederick Douglass. An amazing historical story of ingenuity and bravery during abolition.

William and Ellen Craft's own account of their escape from slavery, published in 1860, is available via this link from the University of North Carolina (funded by the National Endowment for the Humanities): [William Craft. Running a Thousand Miles for Freedom; or, the Escape of William and Ellen Craft from Slavery. \(unc.edu\)](#)

Upcoming Meetings & Books:

Date: **Wednesday, October 4th**

Time: **1:00pm** Book: **The Librarianist by Patrick deWitt**

Date: **Wednesday, November 1st**

Time: **1:00pm** Book: **Tomorrow and Tomorrow and Tomorrow by Gabrielle Zevin**

We are still finalizing the chosen books' schedule and will let you know a few months in advance so you can plan your reading. We are hoping book group members will volunteer to lead our discussions. If you might be willing to lead a discussion, please let us know, and we'll schedule that book the month you are available.

Looking forward to seeing you on September 6th!
Contact us with questions. Happy reading!

--- Sue Aberbach and Elaine Quayle, Co-Chairs

GREAT DECISIONS

Date: **Wednesday, September 20**

Time: **3:00pm**

Location: **Acton Library, Old Saybrook**

Topic: **"Economic Warfare"**

Notes: **Email barbdimberg@gmail.com if interested in joining this group.**

--- Barbara Dimberg, Chair

HIKING GROUP

Date: **Wednesday, September 13**
Time: **TBD (email to be sent with details)**
Location: **Groton Long Point - CT**
Note: **Email margierice@comcast.net to be added to the email list.**

We had such a nice time at Groton Long Point last September that we decided to go again this September on Wednesday the 13th! We've once again been graciously invited to bring our lunches and eat at Sue Aberbach's house at Groton Long Point after our hike. Sue will provide iced tea, lemonade, fruit, and cookies. (Thank you, Sue!) Details will be emailed to hiking group members closer to the hike date.

--- Margie Rice, Chair

MAHJONG

Date: **Tuesday, September 12**
Time: **12:30pm**
Location: **116 Meadow Woods Rd, Deep River**
Notes: **Email ottocarole@gmail.com IF attending.**

I hope to see you so we can reconnect and have fun! Please email me if you will be attending and/or if you have any questions.

---Carole Otto, Chair

GOURMET

Date: **October (date/time TBD)**
Location: **TBD**
Note: **Call Beth for details (860) 510-2140.**

Hope everyone had a great summer. Planning an October event. Looking for new members to join the group! Each event has recipes for cooks of all abilities. It's a fun way to try new recipes---and make new friends!

--- Beth Brewer, Chair



CULTURAL TRIP

Date: **Thursday, October 19th**
Time: **10:30am – Meet at Exit 3/Rt 9**
Location: **Tour of Mark Twain House – Hartford, CT**
Lunch: **Trumbull Kitchen - Hartford CT**
Cost: **\$24/person for Tour + Lunch**
Note: **Mail check to Sharon BY 10/4 IF attending.**

The first Cultural Arts trip will take place on Thursday, October 19th, with a tour of the Mark Twain House in Hartford. The cost is \$24 per person with a limit of 14 participants. The tour will be followed by lunch at the Trumbull Kitchen in Hartford. The group will meet at 10:30am at the commuter lot at Exit 3 on Route 9. Please indicate if you can drive when you sign up. Drivers will be needed.

Send your reservation request, with cash or check made out to Sharon Howell, at 380 Hidden Lake Rd, Higganum, CT 06441, **by Wednesday, October 4th.**

---Sharon Howell, Mary Jane Peterson, Pat Prendergast,
Co-chairs

UPCOMING LCV MEETINGS

Oct. 12th – Thurs – 7:00pm
Saybrook Point Pavilion

“The Rise of Anti-Semitism”

Speaker: Evan Bernstein, CEO & National Director,
Community Security Service

Press Ctrl + Click on LCV website link below for more information:

[Gen. Mtg - Rise of Anti-Semitism \(google.com\)](#)

Nov. 9th – Thurs – 7:00pm
Saybrook Point Pavilion

“Managing Materials Sustainably”

Speaker: Emma MacDonald, Analyst, CT Dept. of
Energy & Environmental Protection

***BRING DONATIONS for the
Safe Futures Women's Shelter**

Press Ctrl + Click on LCV website link below for more information:

[Gen Meeting: Sustainability & Recycling \(google.com\)](#)