



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

MARCH 2025
Lower Connecticut Valley Newsletter

LCV MARCH CALENDAR EVENTS
(Details inside/on LCV Website Calendar)

Monday, March 3
1:00pm-LCV and ESP Board Meetings

Wednesday, March 5
1:00pm – Afternoon Book Discussion

Tuesday, March 11
12:30pm - Mahjong

Wednesday, March 12
9:20am-Cultural Arts

Wednesday, March 19
3:00pm – Great Decisions

Thursday, March 20
10:00am – Hiking Group

Friday, March 21
10:00am - Crafting

Tuesday, March 25
7:00pm – Evening Book Discussion

Wednesday, March 26
5:30pm – Foodies

NO Film Group

LCV March Branch Meeting

Thursday March 13
7 pm

The Pavilion at Saybrook Point
Old Saybrook

Speaker: Baylee Rose Drown of Long Table Farm in Lyme Connecticut

Baylee will inform and inspire on sustainable agriculture... local farming... teaching others about the land. Making a difference. Community Supported Agriculture.

Click here to learn more about Long Table Farm and its programs.

Thanks to LCV members Carol House and Sue Aberbach for making this important speaker connection for LCV AAUW. See you there.

AAUW LCV FACEBOOK PAGE

Please check out and join our AAUW Lower Connecticut Valley Branch Facebook page for event photos and more! Press Ctrl + Click on below LCV website link:
<https://www.facebook.com/groups/460005185436947/>



PRESIDENT'S MESSAGE

Hello Members

We held our **Valentine Luncheon** at the Acton Library on Thursday, **February 13th**. We had a terrific turnout with **forty-two members** attending. Once again **Diane Volz** and **Marcia Machuga** did a **fabulous job** organizing the hospitality. Mindy K's prepared salad, stuffed shells and chicken francese to the delight of all. Our guest speaker was **Kim Pereira**. She is an ADHD coach, which coaches' adult and children with Attention Deficit/Hyperactivity Disorder. Dawn Boulanger... you have a great daughter, and we appreciate your connecting us to Kim! As promised, **notes from Kim are attached** to this newsletter.

March brings us back to the Saybrook Pavilion for our **branch meeting** at 7 p.m. on Thursday, **March 13th**. "**Local Sustainable Farming**" will be the topic of our guest speaker **Baylee Rose Drown**.

Ticket sales for our Book Author Luncheon Scholarship Fundraiser on Saturday, April 5th, at Saybrook Point Inn is going well. Don't forget to register if you have not done so. Go online: <https://lowerctvqalley-ct.aauw.net/fundraiser/> to register.

Hope to see you at our March meeting.

Jeannette Santovasi, LCV President



MEMBERSHIP

We have a correction for Linda Levene's phone number. Please change it to 860-876-3976 in your booklets. Remember that an updated membership list can always be found on our website <https://lowerctvqalley-ct.aauw.net/>, the password protected page.

A reminder that our **Book Author Luncheon** on April 5th will be a "**Shape the Future**" event qualifying new members to 50% off National membership dues. **New members do not need to attend the luncheon to receive this discount.** To receive this 50% discount new members must pay by cash, check, or if at the luncheon by credit card. For more information contact: djherskowitz@gmail.com or margierice@comcast.net if you have a qualified friend or family member that would like to join.

The national AAUW is expected to be voting on a **possible dues increase for national membership** only soon. We will send a **blast** as soon as we have any information.

Margie Rice and Deb Herskowitz,
Membership Co-chairs

SCHOLARSHIP

The Scholarship Selection Committee met recently to plan publicity for the Educational Grant program. We will begin posting information and the application in March. **The deadline for Educational Grant applications is June 9, 2025.** Eligible students must be 20 years old, reside in New London or Middlesex Counties, and be enrolled in an accredited two- or four-year college program.

We learned recently that the national AAUW has passed the organization and presentation of the National Conference for Women Student Leaders (NCCWSL) to

NASPA, Student Affairs Administrators in Higher Education (www.naspa.org). We have been in contact with NASPA with questions about the upcoming conference, and have learned that **the conference will take place from May 28-30 at the University of Maryland in College Park.** If you know a local college student who might be interested in attending this conference, please let us know.

---Sue Aberbach and Olga Saubermann,
Scholarship Committee Chairs

2025 BOOK AUTHOR LUNCHEON

Full Steam Ahead for April 5th at the Saybrook Point Resort & Marina: A record 143 guests have registered. We can accommodate 160 – so if you haven't reserved, please do so ASAP. [Click here to purchase tickets.](#) **Margie Rice will support anyone who requests it. Email: margierice@comcast.net.**

Exciting auction items you can bid on in their own display rooms across from the dining room... Great author Amy Bloom... ***Camaraderie for a cause!*** See you there.

And **thanks** to our **fabulous committee members** who are working tirelessly on the special annual event. **LCV members** who obtained **critical event sponsorships** and **solicited auction donations** are particularly **appreciated.** Thank you.

---BAL Committee

INTEREST GROUPS

AFTERNOON BOOK GROUP

Date: **Wednesday, March 5**

Time: **1:00pm**

Location: **via Zoom**

Book: ***The Demon of Unrest* by Erik Larson**

The Afternoon Book Group met on February 5th to discuss ***Breaking Through: My Life in Science* by Katalin Kariko.** Many thanks to **Judith Slisz** who led our discussion.

The **memoir** is by the **2023 winner of Nobel Prize in Physiology or Medicine** whose **research led to the COVID vaccine** even as she struggled for recognition in the male-dominated world of science research. We were so impressed with Dr. Kariko's hard work and persistence in pursuing her work. She grew up in rural Hungary where her love of science was sparked by her teachers and came to the U.S. to work at Temple University and the University of Pennsylvania where she networked with scientists across disciplines but also faced lack of respect by these institutions who limited her use of laboratories and even demoted her. She also described her husband's support of her dedication to science and her daughter's accomplishments as an Olympic rower. We admired the structure of the book, written by Dr. Kariko in an honest style, including the understandable chapters that explained the areas of science she explored. If you haven't read the book, you will enjoy learning about Katalin Kariko, a hero of scientific research.

Thanks again, Judith, for suggesting this book and leading our discussion!

Our March 5th meeting will focus on ***The Demon of Unrest* by Erik Larson**, a non-fiction work about the early time of the **Abraham Lincoln's presidency** leading to the Civil War. **Mary Jane Peterson** will lead our discussion.

On **April 2nd**, we will discuss ***North Woods* by Daniel Mason**, a novel about the **history of a Berkshires house through centuries** from early settlement to contemporary times and the many people who live there.

We are working with the **Evening Book Group** to create a **basket** for the **Book Author Luncheon**. The theme will be "A Day Around Madison". **Members can send Mary Jane Peterson \$10 - \$20 each by March 13.** Mary Jane and Elaine Quayle will purchase gift certificates for RJ Julia, movie tickets, a gift certificate to the Madison Beach Hotel restaurant, possibly a book light that fits around the neck, and the book **The Ultimate CT Bucket List Adventure Guide**. Mary Jane and Dot will assemble the basket. Mary Jane's address is 35 Cinnamon Ridge, Old Saybrook 06475.

Email Sue at aberbach@aol.com to receive a Zoom invitation to the meetings. I hope you can join us soon! Happy Reading!

*---Sue Aberbach and Elaine Quayle,
Afternoon Book Group organizers*

GREAT DECISIONS

Date: **Wednesday, March 19**
Time: **3:00pm - 5:00pm**
Place: **Acton Library, Second Floor Meeting Room**
Leader: **Dot Beaulieu**

Our topic for this month is "The Future of NATO and European Security." Our discussion about NATO just a few months ago will put us in good stead to address global security from a European perspective.

We in Great Decisions never claim to be experts or to have the answers, but we have a fantastic time bouncing our different perspectives and experiences off each other. Guests are always welcome.

---Karen Christman, Great Decisions Chair

CULTURAL ARTS

Yale Peabody Museum & waterfront lunch

Date: **Wednesday, March 12th**
Meet: **Exit 65 commuter lot in Westbrook, 9:20am**
Self-Tour: **10:15 Yale Peabody Museum, New Haven, CT**
Lunch: **12:30 Shell & Bones Oyster Bar & Grill, 100 S Water St., New Haven CT**
Note: **RSVP to Liz Weinstein by March 5th, 203-710-1660, liz.d.weinstein@gmail.com**
The Peabody admission is free.

Join us for a self-guided tour to the recently re-opened Yale Peabody Museum. The museum represents 5 Billion years of Natural history with over 14 million specimens and objects from 10 curated collections that tell the story of our Earth, its life, history, and cultures. The current exhibits on 3 floors range from dinosaurs & ancient oceans to Egypt and Mesopotamia.

---Pat Prendergast and Liz Weinstein, Co-Chairs

HIKING GROUP

Date: **Thursday, March 20**
Time: **10:00am**
Location: **Canfield/Meadow Woods, Deep River/Essex**

We had to cancel our February hike due to icy conditions, so we will hike at Canfield/Meadow Woods Preserve on Thursday, March 20th at 10:00am. An email will be sent to all hikers on our email list the week before the hike.

Please email margierice@comcast.net to be added the Hiking Group list.

---Margie Rice & Kathy Heebner, Co-Chairs

MAHJONG

Date: **Tuesday, March 11**

Time: **12:30 p.m.**

Place: **Kathy Heebner's House, 12 Cedar Street, Centerbrook.**

Please let Kathy know if you plan to come or not. Email ottocarole@gmail.com or call if you have any questions.

---Carole Otto, Mahjong Chair

FILM GROUP

No events planned for March.

Please contact Eileen Browne, browne.eileen@gmail.com, if you are interested in becoming a member of the Film Group.

---Eileen Browne, Film Group Chair

EVENING BOOK GROUP

Date: **Tuesday, March 25**

Time: **7:00pm**

Location: **Penny Hein's**

Book: ***Huckleberry Finn* by Mark Twain**

Many thanks in advance to **Pat Prendergast** for leading our discussion of ***The Heaven and Earth Grocery Store*** by **James McBride** on February 25. This was submitted before the actual discussion took place so highlights are not available, but it is sure to be a fun and interesting evening!

The Evening Book Group will meet again on **March 25** at the **home of Penny Hein (57 Atlantic Dr, Old Saybrook)** to discuss ***Huckleberry Finn* by Mark Twain**. Our original discussion leader is unable to attend, so **we will need a new volunteer to lead the discussion** for that date. If you plan to attend, please call or email Penny at 203-241-6477 or pennyshein@gmail.com. If you can lead the review on March 25, please contact me as soon as you can.

Amy Bloom, our **BAL speaker**, will have three books for sale at the luncheon. Since we decided in September to choose one of those for May, I will be looking for feedback on these possibilities: ***In Love: A Memoir Of Love And Loss, Lucky You, Where The God Of Love Hangs Out***, so we can choose one of them in advance of the luncheon.

Just a heads up that the April book will be ***James* by Percival Everett**.

---Mary Jane Peterson, Evening Book Group Chair

FOODIES

Wine—Women—Wednesdays—Gris Wine Bar Gathering

Date: **Wednesday, March 26, 2025**

Time: **5:30 p.m. – 7:30 p.m.**

Place: **The Griswold Inn, 36 Main Street, Essex**

Cost: **No advance fee—just plan to pay your own check that night.**

Join us for a festive evening of well-curated wines by the glass, half-price for women (on Wednesdays), plus a mix of appetizers, small-large plates and desserts.

Note: **Please email Carole Otto at ottocarole@gmail.com and Gail Briggs at gail.briggs1@comcast.net to let us know you're coming.**

CRAFTING GROUP

Join Cathy from Cathy & Company for a Floral Workshop!

Date: **Friday, March 21st**

Time: **10:00 AM**

Location: **The Gardens at Hidden Lake 59 Hidden Lake Road, Higganum, CT (Look for the beautiful barn—parking is just beyond it.)**

Experience the joy of floral design at this hands-on workshop! You'll create a stunning spring arrangement featuring tulips, daffodils, iris,

and other seasonal blooms. Cathy will guide you every step of the way to help you craft a floral masterpiece.

✂ Price: \$50 per person (includes all materials)

✂ Please bring your own pruners

☺ Light refreshments provided (Feel free to bring your own food!)

🕒 Class Length: Approximately 1.5–2 hours

Don't miss this opportunity to get creative and celebrate spring with flowers!

Please Venmo me @kathy-Heebner-1 \$50 to hold your space.

---Kathy Heebner, Crafting Group Leader

VOLUNTEER CORNER



You know that Ivoryton Playhouse is a great place to see live theater.

It's a great place to volunteer, too!

Meet us at our 2025 New Volunteer/Usher Open House on Monday, March 10th. There are two sessions: 1pm and 5:30pm at the Playhouse Administration Offices, 22 Main Street, Centerbrook.

New Usher Open House:
March 10th. 1 pm and 5 pm

RSVP by email to jmcp@ivorytonplayhouse.org

NEW! Birthday Club

We're starting a birthday club! Come and celebrate with other LCV members who share your birthday month. This is a smaller group than our general meetings, so it's a nice way to get to know other members.

We need people to be coordinators for one month out of the year - preferably your birthday month. We have volunteers for March, June and November, so we need 9 more people. If you are interested, email Deb Herskowitz, at djherskowitz@gmail.com or Cathy Purcell, at cjpurcell1101@frontier.com.

You will receive a list of people who share the same birthday month. Three or four weeks prior to the month you are coordinating, send an email to the people on your list and suggest some dates, locations, and times to get together. **KEEP IT SIMPLE!** Meet at a local restaurant for a bite to eat, a coffee shop, or outside when the weather gets warmer.

If you can't be in charge of a gathering, but you would like to be part of a celebration, sign up at our general meetings starting in March. You can also send your name, email, phone number, the month, and date of your birthday (**NOT THE YEAR**) to Deb Herskowitz or Cathy Purcell (contact information listed above).





Opening-ESP Chair and Director

We are **seeking** an individual to replace Deborah DeHertogh on the **LCV Education and Scholarship Program's board as Chair and Director** at the end of this fiscal year. Deb has been a key person in the establishment of our tax-exempt organization which supports our scholarship efforts, and she has served two years as the board's Chair and Director.

For **more information** about the position and/or **if interested in becoming a member of the ESP Board** please contact **Deb DeHertogh** or **Linda Frigon**.

More information can also be found on our website by clicking on this link [ESP-President-Position-Description-9-11-23.pdf](#).

LCV Position Openings

Are you a newer member or a member that has been hesitant to lead one of our great groups? If yes, we have an opportunity for you. We have **several leadership openings available**. These positions can be fun, make a difference in the chapter, and are a terrific way to meet other members and to develop relationships. The **present Chairs** are not going away and will be **available to provide mentoring and support in your new role**.

Just check out the position description (link below), email or call any incumbent (listed below) to learn about the realities of the position and let Penny Hein, pennyshein@gmail.com, know if you are interested!

Groups requiring new leadership (prefer 2 members for each leadership position, making it less onerous as co-chairs):

Membership-Membership-Committee-Chair-7-3-23.pdf

Incumbent-Margie Rice,
margierice@comcast.net

Hospitality-Hospitality-Chair-7-3-23.pdf

Incumbents-DeDe Volz & Marcia Machuga, ddevolz@gmail.com
marcialynnm@att.net

BAL Chair – Book-Author-Luncheon-Chair-6-18-244.pdf

Incumbent-Gloria Gery,
gloriagery@gmail.com.

Gloria will be staying on for another year but would like 2 co-chairs to mentor.

Donations & Auction Items Committee for Book Author Luncheon-2025-BAL-Raffle-Silent-Auction-Chair-reponsibilities-and-timeline-1-22-25.pdf

Incumbent- DeDe Volz,
ddevolz@gmail.com

Cultural Events-Cultural-Arts-Leader-7-3-23-1.pdf

Incumbents- Liz Weinstein & Penny Hein
Liz.d.weinstein@gmail.com
pennyshein@gmail.com

ADHD Coach CT

DR. KIM PEREIRA

Dr. Kim Pereira, CALC, ACC
ADHD Coach CT, LLC
adhdcoachct@gmail.com
<https://adhdcoachct.com/>
860.410.6021

Coaching for Adults with ADHD and Parents of Children with ADHD

- Coaching Offered Via Zoom or In-Person in Farmington, Connecticut
- Free Consultations Available - <https://adhdcoachct.com/consultation/>
- One-On-One Coaching and Group Coaching Options Available - <https://adhdcoachct.com/coaching-packages-with-kim/>
- Sign Up for My Free Newsletter to Stay Informed of Upcoming Coaching Offerings and More - <https://adhdcoachct.com/newsletter-sign-up-form/>

Resources

General

- Additude Magazine - <https://www.additudemag.com/>
- The Disruptors - a great documentary on ADHD that focuses on strengths - <https://disruptorsfilm.com/>

ADHD Organizations

- CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder) - <https://chadd.org/for-parents/overview/>
- ADDA (Attention Deficit Disorder Association) - <https://add.org/>
- ACO (ADHD Coaches Organization) - <https://www.adhdcoaches.org/>

Podcasts

- Patricia Sung - Motherhood in ADHD - <https://www.patriciasung.com/podcast>
- Penny Williams - Beautifully Complex - <https://parentingadhdandautism.com/parenting-adhd-podcast/>
- Additude Magazine - ADHD Experts Podcast - <https://additudemag.libsyn.com/>
- Dr. Hallowell - Distraction - <https://drhallowell.com/meet-dr-hallowell/podcasts/>
- Dr. Ross Greene - <https://livesinthebalance.org/connect/#podcasts>
- Katelyn Mabry - Journey with Me Through ADHD: A Podcast for Kids - <https://podcasts.apple.com/us/podcast/journey-with-me-through-adhd-a-podcast-for-kids/id1529056523>

Books

- The Explosive Child by Ross Greene - <https://drrossgreene.com/the-explosive-child.htm>
- ADHD 2.0 by Ned Hallowell and John Ratey - <https://drhallowell.com/read/books-by-ned/>
- Dr. Russell Barkley - he has a number of books, but he is most known for his "Taking Charge of..." series - <https://www.russellbarkley.org/books.html>
- Why Will No One Play With Me? by Caroline McGuire - <https://carolinemaguireauthor.com/books/why-will-no-one-play-with-me/>
- What Your ADHD Child Wishes You Knew by Sharon Saline - <https://drsharonsaline.com/products/>
- Your Brain's Not Broken by Tamara Rosier - <https://www.tamararosier.com/>
- ADHD is Awesome by Penn and Kim Holderness - <https://theholdernessfamily.com/adhd-is-awesome/>

School Accommodations Resources

- [CHADD Overview of 504 vs. IEP](#)
- Additude Article - <https://www.additudemag.com/iep-vs-504-plan-idea-adhd-disability-education/>
- Additude Webinar - <https://www.additudemag.com/webinar/iep-or-504-plan/>

Other Resources - YouTube and Comics

- Jess McCabe - How to ADHD - https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q
- Dr. Sasha Hamadani - <https://www.youtube.com/@thepsychdoctormd>
- The Holderness Family - not everything is related to ADHD but the videos about living with ADHD and Anxiety are both informative and entertaining - <https://theholdernessfamily.com/>
- Dani Donovan - ADHD Comics - <https://www.adhddd.com/comics/>