

## HIGHLIGHTS

### OCTOBER BRANCH MEETING

Thursday, October 3, 2019 6pm  
Sun Oaks Clubhouse  
2485 Sun Oaks Drive

SHORT PROGRAM: AAUW  
scholarship award winner  
Stormi Backus & the InventOR Collegiate

Challenge  
FEATURED PROGRAM: Dr.  
Linda Schott, SOU president,  
"SOU Now & into the 2020s"  
Bring a guest and YOU and your guest  
each receive 3 RAFFLE TICKETS!



NOTE: There is NO BOARD MEETING  
in October.

The next Medford AAUW Board meeting  
is on Thursday, November 21, beginning  
at 4 pm in The Terrace Room at The  
Manor. ALL MEMBERS ARE INVITED  
TO ATTEND

### MEDFORD BRANCH ASSETS

Monica Weyhe, VP/Finance  
(as of August 30, 2019)  
Checking: \$ 3485.62  
Money Market: \$ 3101.54  
Certificate of Deposit: \$ 10,139.72

## AAUW Mission

To advance equity for women and girls  
through advocacy, education and research.

## PRESIDENT'S MESSAGE

Bonnie Goldfein

What a great way to begin the new season! Not only did we have a terrific Featured Program about the Blue Zones Project presented by Diane Hoover, but we welcomed SIX new members (five in attendance) and enjoyed meeting two of our 2019 Scholarship recipients, too. Thanks go to Membership Chair Sandy Heath and to Glenda Sims and Jean Foley, our AAUW reps at the OLLI Open House (who signed up FOUR new members). Our attendance on September 7th also surpassed the largest meeting attendance number we reached last year (not counting attendance at our Holiday Party), so it was all good!

If you have not made it to a general meeting recently, I urge you to come out this year. With the help of Camille Korsmo, Program Chairs Carol Schaefer and Val Barr have planned some wonderful programs that you will enjoy. (See page 2 for October's meeting.) In November, we will welcome AAUW State president Georgia Applegate and President-Elect Sue Klumph as our Featured Presenters, and they have asked for your help: What topics would you like Georgia and Sue to address? Please email me at your earliest convenience with suggestions (b.goldfein10@gmail.com).

The Strategic Plan committee is working on updating the branch's Plan (written in 2014), so the committee can present its suggestions to the general membership for discussion. If you would like to participate on this important committee – and/or if you have thoughts about the Plan's update to contribute -- please contact committee Chair Gayle Clason (Sew2day2013@gmail.com). As the discussion during September 7th's business meeting showed, there is a lot of interest in planning for our branch's future. Please share your ideas with the committee.

A reminder: AAUW National's Shape the Future program awards one FREE National membership (value \$59) to a branch for every FIVE new members enrolled during the year. Elizabeth Harris and Shiena Polehn are enjoying their free National memberships this year, earned by Medford for new members added last season. How many free memberships for 2020-2021 can we distribute to our members at the end of this season? We have already earned ONE freebie with our new members, but let's try for more! The more members we have, the more good we can do for our community. Bring a guest to a meeting and help our branch to grow!



Membership VP Sandy Heath with new members (l to r): Sherry Kittle, Carol Julian, Diana Butts, Ellen Jones & Trudy Bridgers



Dr. Linda Schott

## OCTOBER GENERAL MEETING

by Valerie Barr, Co-VP/Programs

You won't want to miss our meeting on Thursday, October 3, at Sun Oaks Clubhouse (2485 Sun Oaks Drive) beginning at 6 pm. Our Featured Program will be presented by Dr. Linda Schott, president of Southern Oregon University, who will fill us in on the university's plans in her address entitled "SOU Now & into the 2020s."

Dr. Schott became the 13th president of SOU on August 1, 2016. She led the campus through a comprehensive strategic planning process in her first two years leading the university. Strategic directions outlined in the plan are currently being implemented and will position SOU as Oregon's University for the Future by equipping learners for lives and careers in a rapidly evolving world.

To ground her work as a leader in higher education, Dr. Schott draws on her personal, educational, and professional background. A first-generation college student, she grew up on a cattle ranch in the Texas Hill Country and graduated with a class of 50 from Bandera High School. She then attended Baylor University, where she received her Bachelor's degree in history and German before transitioning to Stanford University where she earned her Master's degree in history and her Doctorate in history and humanities.

Dr. Schott has focused academically on the intellectual history and the history of women in the U.S. peace movement. She has published several articles on women in Texas and for the peace movement. She is the author of *Reconstructing Women's Thoughts: The Women's International League for Peace and Freedom, 1915-1941*, published by Stanford University Press in 1997.



October's Short Program will feature Stormi Backus, a recipient of one of our AAUW Scholarships who is currently attending Rogue Community College, where she is a student government leader. She will tell us about her successful competition in the recent "InventOR Collegiate Challenge." Stormi will take your questions following her presentation. It's going to be a great meeting. BRING A GUEST!



## BLUE ZONES... FASCINATING!

Nearly forty Medford AAUW members enjoyed learning about the world's Blue Zones at September's kick-off meeting. In an interesting slide presentation, Diane Hoover, formerly with the Blue Zones Project, shared lots of intriguing facts about these areas where people routinely live to be very old (over 100) and seem to avoid suffering from most human diseases.

How do they do it? The Blue Zones Project's scientists have identified nine principles – the "Power 9" – that can help us to live longer, healthier lives, too:

- **MOVE NATURALLY** Find ways to move more! You'll burn calories without thinking about it.
- **PURPOSE** Wake up with a purpose each day. This can add up to 7 years to your life!
- **DOWN-SHIFT** Reverse disease by finding a stress-relieving strategy that works for you.
- **80% RULE** Eat mindfully and stop when you are 80% full.
- **PLANT SLANT** Put more fruits and vegetables on your plate.
- **FRIENDS @ FIVE** Schedule social time with friends while enjoying healthy drinks and snacks.
- **FAMILY FIRST** Invest time with family... It can add up to six years to your life!
- **BELONG** Belong to a faith-based community and attend services regularly to add up to 14 years to your life.
- **RIGHT TRIBE** Surround yourself with people who support positive behaviors – and who support you. In Yokohama, people form MOAIs – small, informal groups that have regular get-togethers – and many of these MOAIs have met to support each other for decades!

It's not too late for each of us to get started on any of the nine principles we haven't yet incorporated into our lives. Make your neighborhood a "mini-Blue Zone" – maybe start a MOAI – and live a longer, healthier life!

P.S. I have a copy of *The Blue Zones Solution*, a New York Times Best-Seller by Dan Buettner. Email me if you'd like to borrow it. Bonnie



### SPOTLIGHT: VALERIE BARR

As a founding staff member of two charter schools, The Classical Academy in Escondido, CA in 1999 and Logos Charter School in Medford in 2010, I have thoroughly enjoyed developing new ideas with a motivated team. Charter schools start with a teaching philosophy, gather like-minded people, and create a niche market for interested students and parents. Currently, I'm the Scholars Academy director, sending high school students to college to earn dual high school and college credits. Over the past eight years, 460+ students have earned over 18,000 college credits, saving their families \$2.5 million!

I have two daughters and a son-in-law who enjoy living in the hustle and bustle of Southern California. Together, we find adventure in traveling to picturesque mountains and lakes to kayak, relax, and crown an ever-changing "Sequence" champ! I've developed a green thumb during my years in Oregon, celebrating the successes of those beautiful "Sungold" cherry tomatoes and learning to battle the munchers who destroy my favorite hostas.

I have been a longtime volunteer in many organizations over the years. I joined AAUW four years ago. I had heard the women of AAUW were involved in community service and supporting students through scholarships. I love both of those! Today I'm also involved with the RCC Foundation as vice-president and scholarship committee member, and I devote time to Asante Foundation/Oregon Wine Experience and AdvancEd accreditation teams. At work, I encourage students to connect with an organization of their choice to use their gifts and talents. It's fun to see students embrace volunteerism and benefit from the people and experience.

In September, Mary Wright Gillespie presented Val with the 2019 Named Gift Honoree certificate in appreciation for her service to Medford AAUW.



### PUBLIC POLICY

by Gayle Clason, Public Policy Chair

Even though the next campaign is more than a year away, we have had 3 Democratic debates on nationwide TV and those candidates are busy in the early primary states. You may have already received requests for campaign donations.

Have you thought about how campaigns are financed? Perhaps you contribute to candidates with ideals you admire.

Information presented at the Sept. 4th, Campaign Finance Reform meeting led by Dan Rayfield, a member of the Oregon House of Representatives, included that Oregon is first in the nation in the amount of corporate contributions to politicians. Why is that? Because according to the Oregon Constitution, there are no limits in our state (and in 5 others) on the amount corporations, unions, political parties or PACs may give. The only exception: Super PACs may not contribute!

During the 2019 legislative session, Senate Joint Resolution 18 passed offering transparency in the elections so that ads, mailings and any other campaign material, for or opposed, must indicate who paid for it. House Bill 2983 also requires donors of \$10,000 must file with the Secretary of State Donor Identification in an attempt for transparency. This has been referred to the voters as a ballot measure to amend the Oregon Constitution.

Part of the objection to these requirements is based on Freedom of Speech. Should big money have a louder voice than Oregon voters?





## CELEBRATE!

### October Birthdays

- 7 Carol James
- 10 Charlotte Park
- 10 Bonnie Goldfein
- 11 Mary Fowler
- 11 Kit Nilles
- 12 Robin Smith
- 15 Gail Etchie
- 25 Sharon Purkerson
- 27 Sherry Kittle
- 30 Janet Brougher
- 31 Donna Wallender



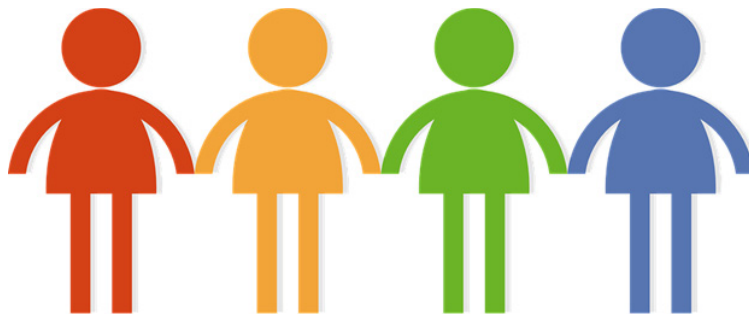
### ELEANOR ROOSEVELT

October 11, 1884

She could have sat back and enjoyed the good life as the wife of President Franklin Delano Roosevelt and Teddy Roosevelt's niece, but that was not the life Eleanor Roosevelt chose to lead. She left a lasting mark on history as a champion for racial equality and women's rights and was an advocate for war refugees and children. During World War II, Eleanor Roosevelt led volunteer support programs; and for many years, she wrote a monthly magazine

article and a daily newspaper column, in addition to speaking to the nation with regular radio addresses. In later life, she was appointed as a delegate to the United Nations General Assembly, where she served on the Human Rights Commission. She had also raised five children (one of her six died in infancy) and served as "pitch-woman" for many products, donating all her earned income to charities and humanitarian projects.

The third Friday in October each year is National Mammography Day, first proclaimed by President Clinton in 1993. On this day, or throughout the month, women are encouraged to make a mammography appointment. This year National Mammography Day will be celebrated on October 18.



## MEMBERSHIP MATTERS

by Sandy Heath, VP/Membership

Welcome to our newest members, Amy Durst and Linda Otto!

Amy recently joined AAUW as Rogue Community College liaison. She is currently the assistant to the Vice President of Instruction at RCC and is adjunct faculty. She has had various positions at RCC in Instructional Service, Human Resources, and assisting in accounting and Board relations. Amy graduated with a BA in Music from Western Kentucky University and earned a master's in Management & Leadership from Western Governors University. She and her husband, Jeremy, live in Medford with their old black Labrador, Molly, and even older cat, Isabelle, and a new baby Labrador, Stella. Jeremy is the director of bands at Eagle Point High School. Amy recently joined the Three Rivers Community Orchestra in Grants Pass, playing oboe and English horn and will be representing RCC as a Chamber Greeter in January 2020.

Linda Otto and her husband, Jeff Blum, moved to Ashland from Breckenridge, CO with two cats and three llamas. They arrived just weeks before the New Year's Day 1997 "Flood of the Century!" But they stayed! Linda is an actress and singer who has appeared in all the "off-bardway" theaters. She earned a Bachelor's degree from UCLA, majoring in theater, film, and TV. She is a founding member of Ashland Independent Film Festival (AIFF), and is a CASA, a Postpartum Doula, an Infant Massage Instructor, a Baby Cuddler and the Founder of Grandmas2GoFamily Coaches, a multi-generational program that is changing lives for parents, babies and for our senior volunteers. Linda and Jeff now live in Jacksonville ... "sans" llamas!

## AAUW COMMUNITY TEAM (ACT)

by Donna Corey

Please bring cleaning items for baskets for Rogue Retreat when you attend our general meetings. Moving into a new apartment is a big step for women who have demonstrated that they are ready for this next step. The cleaning basket is a small encouragement and includes supplies such as Comet and Windex and something colorful, such as sponges or pot holders. The Dollar Store is a great source for supplies, as well as baskets or pails.



Thanks to everyone who has contributed so far. These donations seem to be well appreciated. Questions? Please contact me at donnacorey6@msn.com

## AAUW INTEREST GROUPS

These groups provide opportunities for members to meet others who share a similar interest. All groups are free of charge. Members wanting information may call or email a group's contact person or contact Donna Corey, Interest Group Coordinator (541 897-0368 or donnacorey6@msn.com).

### BOOK LOVERS

#### Happy Bookers

Patty Finch

We will meet on Tuesday, October 15 at 1:30 pm at Marlene Olson's home (1633 Meadowview Drive). Tricia Wood will lead the discussion on *The Italian Party* by Christina Lynch. Contact Marlene if you can attend.

#### Murder Most Literary

Mary Wright Gillespie

We will meet on Thursday, October 10, at 7:00 pm in the Chetco Room. Read any mystery published by Soho Press.

#### Morning Book Group

Mary Wright Gillespie

We will meet in the Chetco Room on Wednesday, October 23, at 10:00 am. Read any book by Nevil Shute. His daughter, Heather Mayfield, will be our speaker. Sharon Purkerson and Mary Wright Gillespie are the contact people.

### FOODIES

#### DINE (Dinner Is Never Enough)

Virginia McGraw

We will meet at our favorite, Gogi's in Jacksonville, on Thursday, October 24 at 6 pm. Reservations are required, so please RSVP to me ASAP. Hugs!

#### Lunch Bunch

Sharon Shatswell

We will meet October 8 at 11:30 at the Downtown Market. The address is 123 W. Main, Medford. Please RSVP to Sharon.shatswell5@gmail.com.

#### Wine & Whine

Jan Purkeypile

This month we will be visiting one of the wineries that so generously contributed to the Hoe Down. On October 11th at 2:00 pm we will meet at Long Walk Vineyard, 1800 N. Valley View Road, Ashland, Oregon. Please RSVP by October 9th to Jan Purkeypile.

### GAMERS

#### Mah Jong

Jackie Baker

We meet the second and fourth Mondays at 1:30 pm and start play at 2 pm. We rotate hosting duties among members. We usually provide coffee and tea and sometimes light refreshments. We play an American version of the game and we do not use cards. We welcome you to join us. Contact Jackie at 541 857-6849 for information and the locations for this month's games.

#### Dessert Bridge

Pat Stoddard

We will meet at Sherry Schroeder's home at 12:30 on Wednesday, October 2. Sherry will host a mini-High Tea for our "Dessert" and it will be lots of fun. Parking is limited, so please carpool. Guest parking is at the central island in the cul-de-sac. There are stairs to enter the home, so some may need an arm to hold onto as you come up 3 small flights of steps and stairs to go upstairs to play cards. There is a railing on the inside stairwell. Both tables will be upstairs. Anyone not able to do stairs should let Sherry know.

### COMMUNITY & ART

#### OUT AND ABOUT

Janet Brougher

We will see "Billy Elliot" on Sunday, October 6 (2 pm matinee), and invite you to join us. Our additional planned outings for late fall and winter will appear in the November Musings. For information on more available outings in October, please contact Janet at 541 857-2862.

OCTOBER

		1	2	3	4	5
			Dessert Bridge 12:30 pm S. Schroeder's	GENERAL MEETING 6 pm Sun Oaks		
6	7	8	9	10	11	12
Out & About "Billy Elliot" 2 pm @ Camelot		Lunch Bunch 11:30 am Downtown Mkt.		Murder Most Literary 7 pm Chetco Room	Wine & Whine 2 pm Long Walk Vineyard	
13	14	15	16	17	18	19
	Mah Jong 1:30 pm	Happy Bookers 1:30 pm Marlene Olson's		NO BOARD MEETING	NATIONAL MAMMOGRAPHY DAY	
20	21	22	23	24	25	26
			Morning Book Group 10 am Chetco Room	DINE (Dinner Is Never Enough) 6 pm Gogi's		
27	28	29	30	31	1	2
	Mah Jong 1:30 pm			HALLOWEEN		GENERAL MEETING 10 am Rogue Cr. Union

MAILING ADDRESS  
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at your  
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**WEBMASTER: Jean Foley**



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**Send articles by the 12th  
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