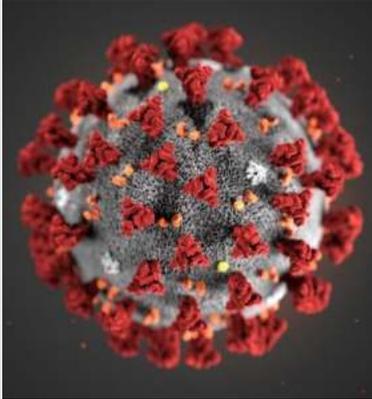


SPECIAL PANDEMIC EDITION II



IMPORTANT MESSAGE

Since the June General Meeting has to be cancelled, in compliance with our State's restrictions on group gatherings, members of the Medford AAUW Branch will be asked to **VOTE VIA EMAIL** on three items of business:

- ◆ Changes to the wording in the Policies & Procedures
- ◆ The slate of Officer for 2020-2021 (See p. 4)
- ◆ Branch budget for fiscal 2020-2021.

Following the Zoom Branch Board meeting on May 28, we will eBlast the ballot to each of you, with a deadline of **June 18** for you to submit your votes. **PLEASE VOTE** so we attain the required quorum to validate the results.

AAUW MISSION

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

President's Last Message by Bonnie Goldfein

While there are many not-so-great aspects of our continuing stay-at-home directives, one positive result of isolation for many of us is that our GARDENS look more beautiful and vibrant than ever! In our case, Tex (the planter) and I (the pointer) have enjoyed the lovely results of Mae Boren's gift to us last year of about five dozen iris rhizomes of many varieties that are now showing off their blooms all over our property. Thank you, Mae! We also installed an 8-foot tall windmill in our hill garden that entertains us by spinning merrily and humming in the East Medford wind. (No electricity produced, but fun to watch!)



Many of you have found new ways to enjoy your favorite activities (Thank you, Zoom!) and/or added new activities to your days. I continue to binge-watch British mysteries on Amazon Prime and BritBox, I completed a very challenging round 1000-piece jigsaw puzzle and I actually FINALLY finished the pre-publication editing of the third book in the Team Triassic series my grandson and I have written... so I have filled my days inside the house.

I hope things improve over the summer, so we can get together in person for our September Welcome Back meeting. Until then, I wish you good health and happy times.

Thank you to everyone who sent in vignettes and photos that made the May Musings and this one special. Hope you have enjoyed them!

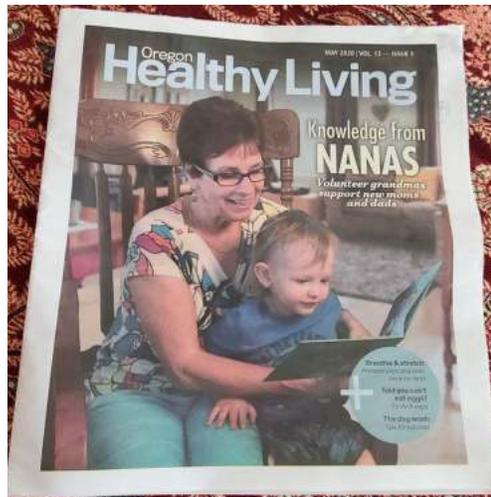
COVER GIRL!

Our own LINDA OTTO was the featured story in *The Mail Tribune's* recent edition of *Oregon Healthy Living*. Shown on the publication's cover with one of the young "clients" of Grandmas2Go®, the non-profit organization she founded, Linda garnered well-deserved publicity for her organization and its unique and very valuable service to families in the community.

Along with Joy Marshall, who joined her at Grandmas2Go® in 2017, Linda heads a growing group of volunteer "Grandmas" who provide parenting guidance and help to over 100 families in Jackson County, many of whom are dealing with family challenges affecting their young children. Joy's experience with the Children's Miracle Network and families in crisis has been a valuable addition to the expertise in mentoring and support Linda herself provides, more than ever now, in these highly stressful times of pandemic and isolation.

"Stress is the hardest thing in parents," Linda says, "and it passes down to the kids. So we're sending them regular emails containing parenting guidance and insights on how to manage stress under very difficult circumstances."

Earlier this year, Grandmas2Go® merged with the Family Nurturing Center, the Medford social services agency helping struggling families facing issues that could otherwise lead to foster placement for their children. Linda says that together, the two support organizations will have a positive impact in Medford. "We're helping kids to thrive and helping parents to be the best parents they can be," Linda says.



Friendly Advice

Here's what our friends suggest to help us get through these times...

Friendship is like vitamins: we supplement each other's minimum daily requirements.

Sherry Schroeder

No special advice, Just my thought that these times are a greater teacher of patience.

Cathy deWolfe

Being home so much and seeking comfort from food seems to lead too easily to gaining weight, so I am trying not to overdo and to continue going out for walks in the neighborhood and working out via online sessions.

Paulette Avery

There are so many ways natural events can seem to overwhelm us, to "try men's souls." For me, I seem to be acting with more compassion, helping my neighbors and family, and trying to wear green (my favorite), the color of hope!

Patty Herkert

Limit how much news you watch while still staying up-to-date. Listen to the specialists in the medical community and not people who claim to know what's what.

Ellen Jones

I usually put my health as a low priority, but I have resolved to change that. I decided to add a 5-minute "exercise" to my day. It is a different type of exercise - I just "think" about something quietly. I feel refreshed after each of these "exercises."

Carol Koszyk

Be good to yourself. Indulge in activities that would normally be guilty pleasures, such as bubble baths, ice cream sundaes, and marathon viewing of favorite programs. Make plans for activities you will do when life eventually returns to something like normal.

Camille Korsmo



IS THIS SOMETHING FOR YOU TO CONSIDER?

Grandmas2Go® matches volunteer "grandmas" with young parents, many of whose babies have special needs. The volunteers provide in-home support (adjusted during isolation) and positive reinforcement to the families. A background check and a minimum of 12 hours of training are required. Call Linda at 541 770-3476 or go to www.grandmas2go.org for more information.

Some GOOD THINGS

by Ronnie Budge



Rockrose, Mexican Orange & Smoke Tree

The pandemic has made me appreciate more than ever my good fortune to be living in Jackson County.

We are still able to enjoy our beautiful outdoor spaces, even while following social distancing guidelines. As an avid gardener this is especially true for me. Here are some photos of my gardens that I want to share with you.



Swiss Chard



Siletz Tomato

THE “NEW NORMAL”



Whenever we go outside, Tex and I make sure to wear masks (and usually latex gloves) to ensure that we are protected against CoVid-19 contagions. Since we consider our property’s loyal sentry, Hydrantia, part of the family, we wanted her to be protected at her outside post. So Tex made her mask. (All this happened BEFORE we learned that attiring fire hydrants is *verboden* in Medford.) Oh well...
Bonnie Goldfein

“Neither rain nor snow nor”... Well, maybe not “dark of night,” but not even a pandemic can deter intrepid hikers **Janet Brouger** and **Sandy Heath** from their walks together in the hills of East Medford most mornings. (Not pictured are the hubbies Eric and Danen, who often trail behind the more energetic ladies.)



TIME TO RENEW!

Now thru June 30 is the time to pay DUES for our 2020-2021 year, which begins July 1. Please send me the renewal (or new) member form that was eblasted & is on the website, along with your check to **AAUW Medford, PO Box 1204, Medford, 97501.**

Our Branch can renew members with checks ONLY at this point.

Please contact me if you want to renew online at the National website with a credit card, because I must send you an email with a specific link for you to click on. It is not possible now to renew by going into your national account.



The Board recently approved a new **Helping Hands Fund**, with monies coming solely from member contributions. **If you need assistance during uncertain economic times, you may apply for up to half of your dues amount.** Information and forms are available on our website (Medford-or.aauw.net) and through email blasts sent to members.

(Your request will remain confidential.)

Monica Weyhe, VP/Finance monicaw655@gmail.com

PANDEMIC ISOLATION & ZOOM!

HAPPY BOOKERS

Our April 21 Zoom meeting was such a success that we did it again on Tuesday, May 19, discussing *The Tattooist of Auschwitz* by Heather Morris. **Sharon Shatswell** was our Discussion Leader but she did not use Zoom. Hopefully, on **June 16** we will be able to vote on our book selection for the coming year. All of us in Happy Bookers want to continue keeping in touch with each other. *Patty Finch*



Weekly ZOOM GAME

Time... This week it was **Facts in Five** enjoyed by Ellen & Tom Jones, Tex & Bonnie Goldfein, Gayle Clason, Carol & Phil Kosyk and Sandy & Danen Heath. Earlier games: Bingo & Yahtzee. Next up: **Scattergories!** (*Call us if you'd like to play.*)

Hear Ye! Hear Ye!

OPEN Board Positions for 2020-2021

by Carol Koszyk

As we gather our new 2020-2021 Medford AAUW Board, we have the following positions open:

- ◆ **Vice President/Programs** (*Note that Camille Korsmo, Lorretta Sias, Robin Smith and Nancy Walden have volunteered to be on the Programs Committee, so the VP/Programs will be amply supported!*)
- ◆ **Communications Director**
- ◆ **Interest Groups/ACT Chair**
- ◆ **Public Policy Chair**
- ◆ **Scholarship Liaison**
- ◆ **S.T.E.M. Co-Director** (*with Yvette McCulley*)
- ◆ **Hospitality Chair**
- ◆ **In Our Thoughts Secretary**
- ◆ **RCC Liaison**

Agreeing to be on our 2020-2021 slate of officers: Carol Koszyk, president; Carol Julian, VP/Finance; Sandy Heath & Ellen Jones, VPs/Membership; Janet Brougher, Board Mtg. Secretary; Cathy deWolfe, General Mtg. Secretary.

Please call **Bonnie Goldfein** or me (**Carol**) if you are interested in an open position. **Thank you, kindly!**

Have you experienced anything in your life that has prepared you for going through this pandemic?

Not exactly, but I have thought a lot about the disaster I had been expecting – the Cascadia earthquake. In preparation, I have put together a large stash of food items with extended “use by” dates and, yes, T.P. and other paper products.



Camille Korsmo

2020's LATEST "COTTAGE INDUSTRY"

Stylish Facemasks!



GARDEN TOUR

Marlene Olson, 2020-2021 Tour Chair

We have rescheduled the Garden Tour for **June 12, 2021**.

The wonderful news is that the garden owners (including three of our members: **Yvette McCulley, Trudy Bridgers & Carolyn Chamberlin**) have agreed to display their gardens in 2021. I am proud of our members for rallying behind this unforeseen challenge and committing to making the Tour in 2021 successful.

SAVE THE DATE!

Congratulations!

We present this year's group of special young women who will each be making great use of one of our \$2,100 AAUW scholarships. All of them are highly deserving of these awards, financed by our members and our fund-raisers.



KINZLEE JORDAN

I am currently working toward getting into nursing school and recently completed prerequisites for various programs. I hope to become a Family Nurse Practitioner after working as a nurse and gaining experience in the medical field. I enjoy snowshoeing in wintertime, hiking in summertime, and spending time with loved ones.

I am currently pursuing my nursing degree and plan to work in the oncology/hospice field as an RN. In the future, I hope to obtain my Master's in Nursing Education so I can help our community produce more nurses, as there is a growing need for them. In my free time, I enjoy playing board games and spending time outdoors with my husband and two kids.



BRITTANY GLADD



CAROLINA CALDERON MARTINEZ, CNA

I am a Peer Coach for Success and President of the Green Club at RCC, majoring in the Associate in Science of Business, for transfer to Southern Oregon University to gain my Masters in Business Technology Management with a psychology minor. With my degree, I want to build a hospice facility to create employment for younger generations and a peaceful passing to our senior citizens. I appreciate your generosity and support.

I am 20 years old, and I am currently attending Southern Oregon University. I am majoring in Business Administration with a concentration in Management Accounting, and minoring in Criminal Justice. I enjoy working, spending time with my family, and traveling to new places around the world.



ALISA WHITNEY

CONTINUED ON PAGE 8

PUBLIC POLICY

by Gayle Clason



In the Time of CoVid-19

Have you have had the chance to check out the **weekly AAUW webinar series**? They include discussions with NPR's incomparable Diane Rehm, our esteemed AAUW fellows and staff on the pressing topics of today that are further illuminated during this health and economic crisis. If you miss a "live" webinar, you can find recordings of the webinar series online at AAUW.org.

Also at the AAUW website, you can learn about current issues. Click the "Take action" tab to receive emails about pending legislation, or — if you prefer — text "AAUW" to 21333 to get AAUW action alerts via text.

Be a smart **2-minute Activist** to communicate with members of Congress about issues important to YOU and to AAUW. Staffers in the offices keep track of e-mail, snail mail and phone calls from constituents. When organizations like AAUW have a button to push to send a message to a senator or congressman/woman, be certain to change the first paragraph to make it *your* personal message, which gets their attention. Clicking on prepared message is OK, too, though; since they are counted, that's better than nothing.

Our senators and representatives are elected to represent us. If you disagree with incumbents, vote for someone new.

AAUW FUNDS

by Mary Wright Gillespie,
AAUW Funds Chair

Although I cannot personally hand members an envelope, I am still able to receive contributions to **AAUW Funds** by mail. To date (May 19), the branch has contributed **\$3,428** for the year 2020. Thank you so much to our faithful contributors.



WHAT I MISS MOST...



In February, just before the CoVid-19 virus lockdown hit, our bridge group held a Downtown Abbey-themed function for Education Scholars in Jacksonville. I put on my touring hat and carried a feathered fan for the occasion. I miss special times like these with friends.

Sherry Schroeder

I'm sorry to miss my exercise class — for the socialization as well as the workout. I had planned to attend 3 OLLI classes during the spring term so I'm missing out on the socialization that provides as well as the information.

Camille Korsmo

My favorite activities involve my family. Since we are a “theater family” (our daughter and son-in-law own the Oregon Cabaret Theater), our love of theater has gone into more reading and watching movies. But we bought the bracelet bands that read “**Theater Strong, Oregon Cabaret Theater!**”



Patty Herkert



The cruise ship that was to take us from Copenhagen to the British Isles, Iceland & Greenland in August.

I never realized how much ordinary things gave “meaning” to my life... things like having breakfast at Punky's, taking in a movie (with reserved seats!) and TRAVELING.

Bonnie Goldfein



CELEBRATING SUMMER BIRTHDAYS

JUNE

- 2 Joyce Ellis
- 6 Judie Salter
- 9 Carol Koszyk
- 19 Virginia McGraw
- 22 Diane Reiling

JULY

- 8 Valerie Barr
- 11 Olena Black
- 12 Jean Herron
- 22 Elizabeth Harris
- 24 Cecelia Thorp
- 30 Carol Bogedain

AUGUST

- 8 Jackie Baker
- 9 Amy Durst
- ? Ilana Rubinfeld
- 16 Therese Stevens
- 27 Shiena Polehn

REACH OUT TO HELP OTHERS

Maslow Project, P.O. Box 999, Medford, OR 97501 AND Rogue Retreat, 711 East Main Street, #25, Medford, OR 97504.

FUN WITH FRIENDS*

AAUW INTEREST GROUPS

During the uncertain times associated with the coronavirus pandemic, regularly scheduled gatherings of many social groups are suspended. If you are a member of any of our Interest Groups, please contact the person listed below with your group's entry for the latest updates about your group's plans.

WINE & WHINE

Jan Purkeypile



janpurkeypile@yahoo.com

LUNCH BUNCH

Mary Fowler



mlfowler 1951@gmail.com

DINE (Dinner Is Never Enough)



Joan Rycraft jrycraft@charter.net

OUT & ABOUT CALENDAR 2020



Janet Brouger

jjbrouger@gmail.com

DESSERT BRIDGE

Pat Stoddard



Phone Pat: 541 890-3828.

MURDER MOST LITERARY

Mary Wright Gillespie

Contact: Mary at 541 857-6083.

HAPPY BOOKERS via ZOOM!

Patty Finch

talkingwolf.pf@gmail.com

MORNING BOOK GROUP

Mary Wright Gillespie

Contact: Mary at 541 857-6083 or Sharon Purkerson, 541 857-6513.

* **THE
"NEW
NORMAL"
for some
Interest
Groups:**



**Using ZOOM, emails,
phone calls and texts
to STAY CONNECTED!**

Kim Churches gave this strongly worded advice with which I concur: "You MUST follow your Governor's and Mayor's guidance. We at National have strongly advised absolutely NO meetings in person for the foreseeable future for all affiliates (branches/states), and in compliance with local/state guidance/orders. Our state/local laws supersede in this exceedingly difficult time. Better for all AAUW members to absolutely shelter in place and meet virtually via Skype, FaceTime, Zoom or conference calls." As President of AAUW of Oregon I am strongly advising that all branches **do not have any in-person meetings** until Governor Brown lifts her "Stay at Home" order. That includes Interest group meetings. **NO BRANCH** should sanction **ANY** meetings of **ANY** group within the branch.

Georgia Applegate, President AAUW Oregon

Congratulations! Continued from page 5



MEGAN CAPP

The first class I took at RCC was Welding 101 to learn how to repair and modify my own farm equipment. That class opened my eyes to the opportunities available at RCC. Now I am majoring in Manufacturing/Engineering Technology and Mechatronics and plan to design and manufacture automated equipment for small farms.

I am in the Human Services program at road Community College, with future plans to work with members of the community who suffer from substance use disorders, victims of domestic violence, and the homeless population. I want to give back to my community with love, kindness and understanding for those trying to overcome the struggles of life. I enjoy living in Oregon with my husband, friends and family. I am grateful for this opportunity from Medford AAUW for my future education and career.



MONTANA STEVENS



MADISON HAMILTON

My future plans include receiving my BSN at OHSU/Southern Oregon University, while running cross country and track as a Raider. After college, I plan to pursue a career to become a pediatric or an NICU nurse. I feel as if my upbeat, positive personality and my determination to achieve tasks would work well with serving in children's medical needs and I could really make them feel safe and supported. Helping others is something I enjoy and my goal is to be able to help others while becoming successful in that field.

Fueled by my desire to work in a field that allows me to use my education to provide compassionate care to others, I am currently finishing up my first year in RCC's nursing program. After finishing my degree, I plan to work in the hospital as a labor and delivery nurse.



**JAIME
CORTEZ-LUDWIG**



DON'T FORGET ME... I'm always here!
I'M YOUR LOCAL AAUW WEBSITE:
medford-or.aauw.net

Stay informed!
Webmaster: Jean Foley

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 541 295-9361
b.goldfein10@gmail.com

Finance VP Monica Weyhe

Program Co-VPs
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