



Sierra Outpost

Program: Producing luxurious creamy shea butter—at a human cost

“Wow! I just looked up the shea butter industry in Ghana. I had no idea of the abuse and meager wages the women laborers suffer. I will need to rethink my consumer part in this issue!”

—Terry Dulberg

Shea Butter Production – Endless Toil for Women in Africa
Vinita Bali had the opportunity to observe the production of shea butter in a remote village in Ghana, Africa. The women toil for days picking the shea nut from the massive shea tree, and then carrying their heavy loads for miles. Then, over many days,

—Trish Darcy

they stir, pound and knead for hours in sweltering temperatures to extract the beautifully soft and creamy white shea butter.

The story of these women’s hard work in suboptimal conditions is heart-breaking, but also serves to remind us of the strength of women around the world.

Vinita will bring some pure Ghanaian shea butter samples for us to try. Shea butter has become popular as a moisturizer, and is used in lotions and beauty products.

Put the date of Saturday, February 4th at 1:00 on your calendar. Come on down to the Miners Inn Roadhouse and hear Vinita’s story. Drinks will be provided. Please feel free to bring your friends, family, and

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Click on the article title for a direct link to its page.

neighbors. Spread the word and invite non-AAUW members as well. This should be an enlightening afternoon!

Hope to see many people there! We will have the directories there for those that have not received them yet. This is a perfect opportunity to get your copy!

Production of Shea Butter
Saturday, February 4
1:00 pm
Miners Inn Roadhouse
North intersection of Hwys 140 and 49

Events Calendar

2023

- Feb 4 **Program—Human Cost of Producing Shea Butter:** 1:00pm, Miners Inn Roadhouse
- Feb 6 **Leadership Team Meeting:** 6:00pm, Zoom
- Feb 7 **SIG—Book:** 4:30pm, home of Saralynn Nusbaum
- Feb 11 **SIG—Hiking:** time and place TBD
- Feb 14 **SIG—International Study:** 5:00pm, Home of Jill Rowney
- Mar 6 **Leadership Team Meeting:** 6:00pm, Zoom
- Mar 7 **SIG—Book:** 4:30pm, home of Saralynn Nusbaum
- Mar 15 **Program— Disabilities:** 5:30pm, County Board of Supervisors’ Room
- Mar 16 **SIG—Great Decisions:** 4:30pm, Location TBD
- Mar 11 **SIG—Hiking:** time and place TBD
- May 19-20 Annual Yard Sale**



Project: Tech Trek

School presentations launch applications to 2023 Tech Trek camp

—Trish Darcy



We are ready to really get rolling on the road to STEM and select our campers for this year. We were in the schools at the end of

January to meet with all of the prospective campers, share a short video of camp, and help them get started on their application. This is such a rewarding experience working with these young people.

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See our website for plant availability and upcoming sales locations.

We Value Education

Membership Event

Small acts of kindness make a BIG difference in people's lives

—Trish Darcy

Have you put away your galoshes and slickers? Did you get a chance to paddle your kayak down your driveway? Seriously, we do hope that none of you had serious damage from those rains. It seemed to be two weeks of rain, wind, earthquake, tornado warning, snow, floods, hail, ice, and even some sun! Here's hoping things will calm down some for us and our daily lives will return to some semblance of normalcy. We still need more rain, but would just prefer that it comes more slowly over time rather than a single deluge!

I'm not one for making New Year's resolutions, but I am one to take stock of where I am in my mental state and take this time to make adjustments if needed. Doing this can help realign your daily thoughts and actions to make the world a better place. You may ask, "What can I, one person, do to make the world a better place?" The answer is a resounding, "Plenty!"

There are many random acts of kindness that take little or no money and very little time, but have a huge impact on those around us! Maybe choosing to do one of these a week would begin to make Mariposa feel brighter!

- **No money:**

- Send someone a text, email, or letter,
- Make a phone call, Stop by for a visit,
- Do a household chore that your partner usually does,
- Make a point of thanking someone,

- Make a point of complimenting someone,
- Invite someone to go for a walk.

- **Little money:**

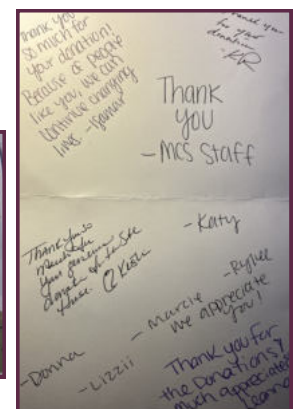
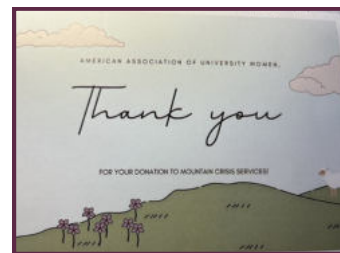
- Meet a friend for coffee,
- Drop coffee off to someone (your hairdresser, your chiropractor),
- Take someone for a drive,
- Offer to drive someone to the doctor,
- Make cookies for service workers such as road construction or PG&E.

- **A little more money:**

- Buy someone lunch,
- Pay for someone's groceries or gas,
- Invite people over for lunch or dinner.

Doing these simple things makes people have a brighter day. Also, what we tend to forget is the way it brightens our own day to make someone feel better. Try it, you'll like it!

We donated so, so, so many items to Mountain Crisis and they were thrilled each time I dropped off more items. It made me feel good each time I was there, making them feel better. They sent us a card and I want to share that with you.



We Inspire Life-Long Learning

Membership

Bonnie Little, Dina Lambert



Holiday Party went on, despite crazy weather!

—Bonnie Little

It was Sunday, December 11th, and just as the time for the AAUW Holiday party drew

near, the rain turned to snow. Our hostess, Dawn Johnson, stayed calm as those of us on the setup crew wondered if anyone would show up. Happily, a good number of members and spouses began to arrive.



Food quickly filled up the table and the conversation was lively. Best of all, our members were very generous with contributions for Mountain Crisis. Many of those who could not attend the party made arrangements to take their donations directly to the Mountain Crisis office.

It was the true spirit of giving, indeed. Many thanks to Dawn and Jay Johnson for opening their beautiful home for a lovely gathering.



Connect to the *California Connection*

Did you read your “California Connection?” It is a witty outline of what is happening at the state level in an entertaining, personal fashion. And it is written by our own Dawn Johnson! Click [here](#) if you missed it!

We Send Girls to Science/Math Camp

Membership

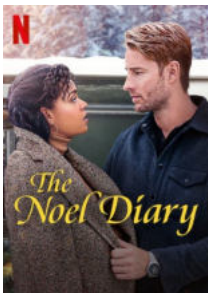
Bonnie Little, Dina Lambert



Member Corner: Idea exchange

Our members share what we have found enlightening and entertaining

Are you looking for something to read or watch as the weather turns colder? Check out these suggestions from our members!



Beth Tomsick enjoyed **"The Noel Diary"** on Netflix. Though not really a Christmas movie, it takes place at Christmastime as a young man returns home to settle the estate of his estranged mother who has recently passed away. His memories from his

childhood are not always happy ones. He discovers a diary that may hold some secrets from his past. He also meets a woman who is trying to get information about her past as she searches for her biological mother. The lead actor in the movie is Justin Hartley, who starred in *"This Is Us."*

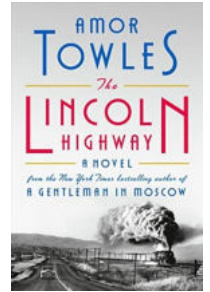
Kathy Delaney watched **"The English,"** a mini series on Amazon Prime, created by Amazon and the BBC.



An English woman travels to the American West in the 1890s to avenge the death of her son. The show can be gruesome and violent, but there is also much beauty and grace that provides a balance. Kathy says that this is "the best TV series I have seen in some time." There are plot twists, beautiful scenery, wonderful acting, and timeline changes. It is a show she plans on watching again!

—Bonnie Little

Jill Harry read **The Lincoln Highway** by Amor Towles, and enjoyed the book as well as other books by this author. This story is set in the 1950s. A young man is released from a juvenile work farm in the Midwest and is being driven home by the warden, so he can care for his eight-year-old brother after the death of his father and the foreclosure of the family farm. The mother left the family years before. Unbeknownst to them, two fellow inmates were hiding in the trunk of the warden's car. Instead of a trip to California to try to find the missing mother, the three grownups and the eight-year-old embark on a road trip to New York, as requested by the inmates. There were many adventures along the way. Jill mentioned the "well drawn characters in interesting locations." Jill also enjoyed two other books by Amor Towles, **Rules of Civility** and **A Gentleman in Moscow**. Here is a video with the author: <https://www.youtube.com/watch?v=0h7PlljwQc>



Bonnie's note: I also read this book and found the writing witty and engaging, and I plan to read more of Towles' work.



Jill also enjoyed watching **"The White Lotus"** on HBO, a very popular series

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We Sponsor Community Forums

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about the guests and employees of the fictional White Lotus resort chain. It is considered a black comedy-drama with the employees and guests being affected by various psychosocial dysfunctions. The first season is set in Hawaii and the second season is in Sicily.

Vinita Bali shared an article from the Merced City Times about the gathering of the Unity Bar Association, newly created in Merced with judges from surrounding counties including Mariposa. All share the common goal of promoting unity, diversity, equity, and inclusion. Vinita was one of the organizers of the event and was very pleased with the large turnout. Click [here](#) to read the article.



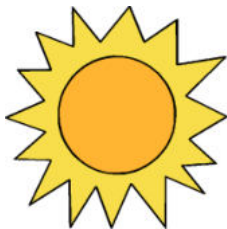
Jody Sergienko loved the Netflix series, "**Wednesday**." The series is described as "a

sleuthing, supernaturally infused mystery" and will follow Wednesday Addams, the only daughter of the Addams's family as she attends the boarding school, Nevermore Academy. Wednesday has newfound psychic powers and uses them with a supernatural murder mystery connected to her own family.

Jody said that she and Eric were fascinated by this series and watched at least a couple of episodes at a time. It was THAT good!

As always, many thanks to these members who took the time to share their recommendations! Please email me anytime with your suggestions so others can enjoy.

mbmslittle@sti.net



Being there for each other

—Anne Dolchanczyk

I would like to thank all of you who stepped up to help member Ruthie Fruehauf in her time of need. The offers of transportation, food, and personal visits have meant so much to her.

Please let me know whenever you or any member needs our support. I will get the word out. We are definitely stronger together!

dolchanczyk1944@gmail.com.

We Provide Opportunities for Women to Reach Full Potential

SIG Overview

Special Interest Groups (SIGs)

<p>International Study <u>Veronica Gross</u></p>  <p>Learn about a country, a culture, and a people. We study one country each year and meet bi-monthly.</p>	<p>Book Group <u>Saralynn Nusbaum</u></p>  <p>This group meets monthly to discuss both fiction and non-fiction books members chose to read the previous month.</p>	<p>Great Decisions <u>Becky Mock</u></p>  <p>This discussion group meets monthly to discuss a set of topics developed by the Foreign Policy Association (FPA).</p>
<p>Garden Group <u>Karen Smith</u></p>  <p>The Gardening group meets to discuss a wide range of topics such as the challenges of gardening in the foothills.</p>	<p>Environment & Social Issues <u>Gary Colliver</u></p> 	<p>Play Reading Group <u>Dawn Johnson</u></p>  <p>“The play’s the thing!” meets monthly to do cold readings of various plays that are shared by several California branches.</p>
<p>Hiking Group <u>Trish Darcy</u></p>  <p>The hiking group meets monthly to enjoy each other’s company while hiking new trails in and around Mariposa and Yosemite.</p>	<p>Art Group <u>Jody Sergienko</u></p>  <p>A new group to dabble in creative pursuits. Learn together– arrange casual workshops in painting, sketching, quilting, beading; patronize local arts– art shows, museum visits, etc.</p>	<p>Wine Tasting <u>Carolyn Baker, Cindy Harp</u></p>  <p>The Corks and Forks Wine group meets monthly to experience different types of wines and enjoy them with appetizers and meals paired to complement the varietal being tasted.</p>

We Open Eyes



SIG: International Study

[Veronica Gross](#)

An introduction to Finland

—Jill Rowney



Marti Fazio gave a delightful presentation of her grandparents' homeland, Finland, to the International Study Group SIG members and their guests. As with Estonia, Finland shares over thirty percent of its border with Russia which is cause for much concern.



Our next meeting on February 14th will focus on the Sami, the indigenous people of the northernmost regions of the Baltic region.

SIG: Play Reading

Contact [Dawn Johnson](#)



Rose's Dilemma was no dilemma for us!

—Dawn Johnson

The Play Reading Group had its own dilemma: whether to gather at Dawn's house with a broken furnace on a 40-degree day OR stay home and dig out from an unexpected snowfall.

Four robust readers picked the former option and, sporting long underwear and down jackets, gathered to read Neil Simon's final play, *Rose's Dilemma*. It was a quick and pleasant read. Since we had five parts (including narrator) for five people, we had the luxury of keeping the same voices

throughout the play. Overall, it had an unusual plot with some lines that made us guffaw, but no one gasped with awe when we finished it. Our reaction was generally lukewarm, which was better than the temperature in the room.

Next month we'll read *Sweat*, a Pulitzer Prize-winning 2015 play by Lynn Nottage. Based on real events surrounding factory closings in Reading, Pennsylvania, it promises to be thought-provoking. I also promise to have the furnace fixed (again!).

We Value Education



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SIG - Book

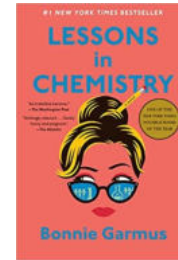
Saralynn Nusbaum

Our next meeting will be on
Tuesday, February 7 at 4:30 pm
at the home of Saralynn Nusbaum.

We will be discussing:

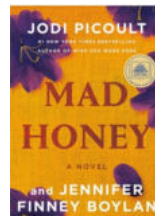
Lessons in Chemistry

By Bonnie Garmus



Mad Honey

by Jodi Picoult and
Jennifer Finney Boylan



cious bees living in the Himalayas from
wild rhododendrons growing wild.

Discussion notes

by Georgia Gallagher

Our AAUW reading group recently read *Mad Honey* by Jodi Picoult. In researching the book our group discovered that there is such a thing as *Mad Honey*. It is made by fero-

The book covers current issues including spousal abuse and can it be passed down to the children, current issues with gender identification and court cases. Though we found a few discrepancies in the story line and character development, I believe our group enjoyed this book.



SIG: Great Decisions

Contact [Becky Mock](#)

Discussion was “out of this world”

—Beth Tomsick

The Great Decisions group discussed Outer Space Policy in a recent study led by Beth Tomsick. It was interesting to see how space exploration started with competition between the U.S.S.R. and the U.S. Much later the two countries cooperated on the International Space Station. Many countries are competing and cooperating in the areas of civil and commercial spaceflight. China and the U.S. are leading the way in military spaceflight. What will the future bring? Beth also talked about her son John's work at UC Berkeley's Space Sciences Laboratory.



The next study will be on March 16 at 4:30 pm under the leadership of Laurel Nguyen. The subject will be “Foreign Policy, Economic Power, and U.S. Industrial Policy.”

We Inspire Life-Long Learning

SIG: Garden

Contact [Karen Smith](#)

It's gardening time in Patagonia!

—Karen Smith

We are in Junin de Los Andes, Argentina, enjoying sunny weather and beautiful gardens. Hollyhocks appear to be the favorite flower, and every garden and vacant lot, displays a wonderful array of colors attracting bees galore.

We visited a friend's beehives and had quite the adventure when one hive became agitated and we were swarmed with bees. Luckily, we had the latest in bee attire that our friend Patricia loaned us. However, she was left with using bits and pieces of attire and the bees found a way in. Suddenly Patricia was running across the field strip-



ping off her clothes. She is ok, but was stung multiple times! Never lend your good bee outfits to the tourists!

Back at the house, she mentioned usually she asks people if they are allergic to bee stings. If they don't know, she will test them. Her method of testing is to catch a bee in her yard and sting the person then wait fifteen minutes and see. Holy moly! Good thing there is a hospital a few blocks away. Life in Argentina is always interesting.

We Send Girls to Science/Math Camp

SIG: Hiking

Contact [Trish Darcy](#)

Off with the hiking boots— On with the snowshoes

—Naoko Kada

With the sun finally shining upon us on a Saturday, Lei Yue, François, and Naoko ventured out onto the snowshoe/cross-country ski trail from Badger Pass. The destination was Dewey Point. We knew it had snowed a lot, but we were still amazed to see the trail etiquette sign buried in the snow (photo below). Two and three weeks earlier, each of us had separately seen the actual trailhead.



The trail at the beginning is always the least exciting part—it's like a highway, snow all flattened by the countless people who have

come and gone before you arrive mid-morning on a Saturday. Thus, François's suggestion to go off trail onto the fresh snow was quickly accepted and we began making our own trail.



This picture of the fresh trail was actually taken at the end of the hike and, by then, it had become a semi-official alternative trail, it seems!

There's nothing more exhilarating than making your own snowshoe trail on fresh snow—your inner child squeals in excite-

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We Sponsor Community Forums

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SIG: Hiking

Contact [Trish Darcy](#)

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ment!—but it’s also physically demanding. It was a good thing there were three of us to rotate being the trailblazer, especially since we were going up a pretty steep hill.

After a while, we joined the main snowshoe trail, and many other hikers. After some “are we there yet?”s, we were rewarded with the breathtaking view of snow-covered mountains at Dewey Point. Lei Yue immediately made it to the very top in her snowshoes (Francois took the picture). Next, they set out what must be the lightest cooking stove ever created, boiling water to cook their homemade dehydrated lunch while enjoying the panoramic view.

Naoko started back early as she needed to get her blood moving. With so many hikers on the trail, there was no way to get lost even if you tried! (Although we

hope you don’t ever try!) We all made it back to the trailhead and then to Mariposa safely—big thanks to François, who did all of the driving!



You can see Sentinel and Half Domes afar on the left.



SAVE THE DATE!

ANNUAL YARD SALE

FRIDAY, MAY 19 AND

SATURDAY, MAY 20.

Please start saving your donations and watch for details coming soon!

We Provide Opportunities for Women to Reach Full Potential



AAUW - Mariposa Branch
Leadership Team Meeting
December 5, 2022
Zoom

Members:

- Dina Lambert, Co-Finance Officer/Membership-unable to attend
- Rebecca Swisher, Co-Finance Officer
- Bonnie Little, Co-Membership
- Kim Monson, Member at Large
- Trish Darcy, Recording Secretary/STEM
- Jody Sergienko, President
- Saralynn Nusbaum, Member at Large
- Anne Dolchanczyk, Member at Large

Jody called the meeting to order at 6:06 pm

Minutes (*Trish Darcy*):

Approval of December meeting minutes - Minutes approved online and submitted to Jill for the newsletter

Membership Update (*Dina Lambert, Bonnie Little*)

- Current Member Numbers - Holding at 85
- Update on Member Corner - Bonnie got good ideas and will write up for this month
- Directory Update -
 - Still have some that we can deliver in person.
 - Bonnie will get together with Trish to get the box. There are some in the Basin that we will get to Kim for delivery.

Finance Report (*Dina Lambert, Rebeca Swisher*):

- This is not ready for approval. Rebecca will work to complete and email out for approval.

Standing Projects:

- **Dinner with a Scientist** (*Marilyn Saunders*)
Pushed to spring 2023
- **Backpack** (*Kim Monson & Rebecca Swisher*)
Holding until it is May or June
- **Tech Trek** (*Trish Darcy*)
 - **2023 Tech Trek** - Nomination forms just went to teachers today. They have until January 20th to get them back to Trish. Then we will begin visiting schools and working with the

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We Open Eyes

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girls. The process has been streamlined, thanks to Dawn, Sandi, and their group, so it is much easier so far.

- **Tech Connect** (*Kim Monson & Rebecca Swisher*) -
 - Kim is going to send the names of the winners to Rebecca to get the checks written. Kim will pick them up on Thursday so that she can deliver them to the winners. The first place team of 2 splits the \$500 prize and the 2nd place one gets \$250.
 - The January 11th viewing event is canceled due to weather and circumstances. Kim will meet with the girls to deliver the checks and get the Gazette to come take pictures.

Fundraisers:

- **Yard Sale** -
 - Bonnie emailed membership. Kathy Delaney, Peggy Shainberg, and others have offered to help. It will need to be mid-May. May 19-20 looks to be best. Will check with those involved. Jody, Anne, and Kim have offered to help as well.
- **Mad Hatter Fundraiser/non-event event** - Will get an update from Sandi before the next meeting.

Programs: These are our current plans

- **February**
 - Vinita's Program - February 4th. It will be the Shea Butter presentation. Bonnie will book Miner's Inn. They will do beverages which are included in the price. 1 or 2:00 in the afternoon. Trish will do the advertising.
- **March - Disabilities**
 - Kim's daughter will talk about non-visible disabilities and how society looks at disabilities. Anne will arrange for the Central Valley Regional Center to talk about what services are available. Event will be at the Board of Supervisors at 5:30 on Wednesday, March 15th. Each speaker will have a half hour with a 15 minute break in between. Advertising needs to be targeted so that we get the message out to the people who need it.
- **April**
 - Jody will spearhead a Homeowner Insurance program. It will include how to read your declaration page, what the Fair Plan covers and doesn't cover, household inventories, and other things to do beforehand.
- **April**
 - AAUW California's annual meeting
- **May**
 - Social time at the Grove House for Cinco de Mayo
- **June**
 - Annual Meeting on June 11th.

Old Business:

- **New Banner** - Anne - The new banner is on the way!
- **Instagram Account** - This is a work in progress, and Trish will work on finalizing this set-up shortly.

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We Value Education

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New Business:

- Location for next month's meeting - Leadership Team decided to wait to make a decision based on weather. Bonnie will check into the possibility of using the Senior Center.

Newsletter Assignments:

- Member Profile:
 - January 2023 - Kim will do this
- Lead article (Admin Overview):
 - January/ February 2023 - Trish will write the lead article.
- COVID Update:
 - Jody will do a Covid/flu/RSV update

Leadership Meeting Lead:

- February 2023: (agenda) - Jody

Branch Buzz (Trish Darcy):

- Trish Darcy will send out the Branch Buzz

Action Items:

- Bonnie:
 - Write article on the Holiday party and send pics to Jill
 - Book Miners for February 4th program
- Jody:
 - Book the Board of Supervisors for the Disabilities event
 - Spearhead the insurance program.
- Anne:
 - Contact CVRC person for 3/15/2023 program
- Trish
 - Coordinate Cinco de Mayo at the Grove House
 - Working on getting Instagram account up and going

Meeting adjourned at 6:54.

AAUW- Mariposa
www.aauwmariposa.com
 Facebook
<https://www.facebook.com/aauwmariposa>

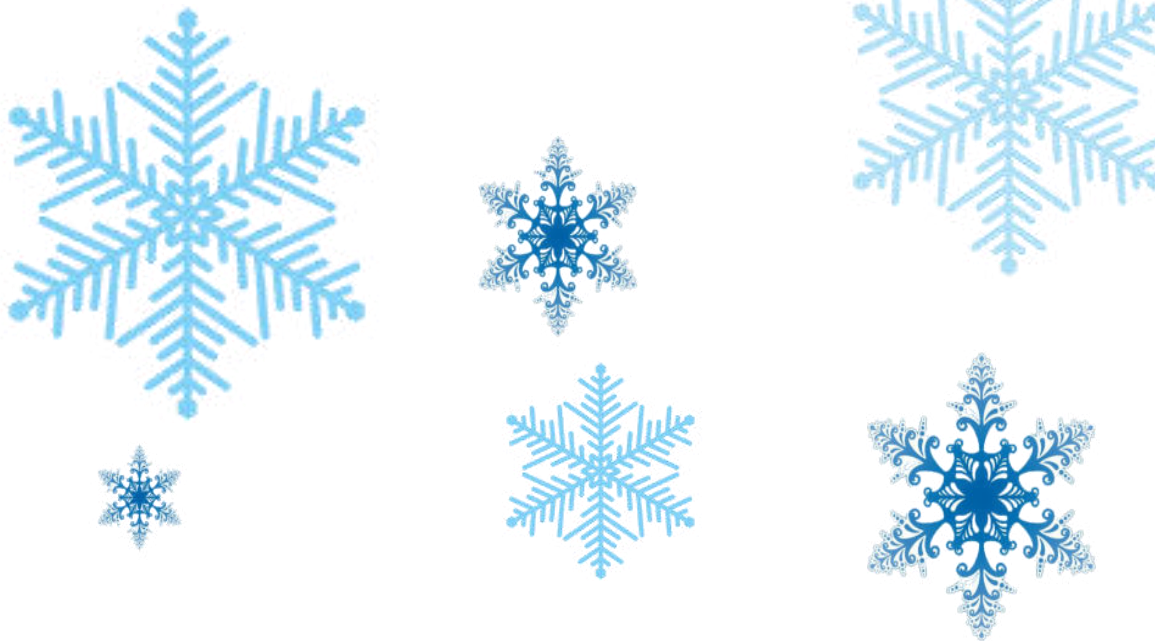
Leadership Team: 2022-2023

Jody Sergienko	President
Dina Lambert	Co-Finance
Rebecca Swisher	Co-Finance
Bonnie Little	Co-Membership
Dina Lambert	Co-Membership
Trish Darcy	Recording Secretary
Kim Monson	Team Member
Saralynn Nusbaum	Team Member
Anne Dolchanczyk	Team Member

Project Chairs/Coordinators

Back Pack Project	Kim Monson & Rebecca Swisher
Dinner With a Scientist	Marilyn Saunders
Good Will Ambassador	Anne Dolchanczyk
Newsletter Editor	Jill Rowney
Publicity	open
Social Media	Dina Lambert
Tech Connect*	Kim Monson & Rebecca Swisher
Tech Trek	Trish Darcy & Barbara Silva
Website	Dina Lambert
Yardsale	Bonnie Little & Micki Finney

AAUW <https://aauw.org/>
 AAUW California <http://www.aauw-ca.org/>



We Send Girls to Science/Math Camp