

California poppy
Eschscholzia californica



Fiddleneck
Amsinckia menziesii

Sierra Outpost

Fab after Forty: Health Advice for Women

—Dawn Johnson

Come and hear the good, the bad, and everything in between about the physical and mental aspects of “maturing,” tailored especially for women’s concerns, on Saturday, April 26th, from 2-4 at the Mariposa County Supervisors’ meeting room, 5100 Bullion St. in Mariposa.

Four local experts will speak and answer questions on how to stay

healthy as we age, particularly during the stages of menopause. They’ll touch on women’s unique needs for medical care, nutrition, fitness programs, and overall mental health. AAUW Mariposa appreciates their generous contribution of time and knowledge:

- **Rose Fluharty**, Certified Nutrition Specialist
- **Malina Mabon Bondshu**, owner/fitness instructor at Mariposa Fitness Studio
- **Hannah Fouch**, FNP with Fremont Family Physicians/JCF Healthcare District
- **Stacey Lynch**, MSW, LCSW, owner of Lynch Counseling Services and current Division Director of Health Services for Mariposa County Health and Human Services Agency.

Program:

Fab after Forty: Health Advice for Women

Saturday, April 26

2:00-4:00pm

Board of Supervisors’ Meeting Room

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This event is open to the public free of charge. AAUW members are encouraged to attend and bring their questions and experiences. For more information, contact Liz Darcy: edarcy6@gmail.com

Events Calendar

2025

April 3	Leadership Team Meeting: 4:00pm, Mariposa County Library
April 7	SIG—Book: 2:00pm, home of Jaye Howes
April 8	SIG—International Study: 5:15pm, home of Nancy Martin Sproul
April 11	SIG—Hiking: Hite Cove (yes, it's a Friday)
April 26	Program: "Fab after 40: Health Advice for Women" 2:00pm Board of Supervisors' Chambers
May 1	Leadership Team Meeting: 4:00pm, Mariposa County Library
May 3-4	Butterfly Festival, Mariposa County Fairgrounds
May 14	Cocktails and Convo: 5:15pm, The Alley
June 8	Annual Meeting: 1:00pm, Home of Trish Darcy



Leadership

—Trish Darcy

Plans for wrapping up the year

How can it be April already? Winter sure stayed around late into the spring, but hopefully we are headed into the rebirth time of year.

Health Advice for Women over 40

We have a wonderful opportunity for you this month. We have put together a program called "Fab After 40: Health Advice for Women." We have four speakers who will share what they know about women's health during this wonderful time of our lives. Please join us on April 26th from 2:00-4:00 at the Board of Supervisors' Chambers to hear more about this. It is open to the public, so feel free to bring your family and friends!

Joining the Leadership Team

We are also getting ready to wrap up this AAUW year and getting ready for the next—how is that even possible? We are looking for new members to join our Leadership Team. This is a very easy position to volunteer for. We meet once a month to make plans and give input. That would honestly be the extent of your involvement unless you want to do more. Please let us know if this might be something you would be interested in and we can talk. It is pretty painless! (Honest!) Another position that we will be looking for is

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We Value Education



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Leadership

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Event/Programs coordinator. This person would be the coordinator for the planning of our events and programs. Don't panic yet! We work as a team to do the basic planning. The coordinator would be responsible for making sure all the steps of planning are covered and communicating with our Publicity Team. Again, if this might be of interest to you, reach out and we can talk.

Annual Meeting

Please put June 8th on your calendar for our Annual Meeting in the afternoon. We will again have a potluck lunch. Our theme this

year will be "Make New Friends." We want as many people as possible to bring a friend with them, whether or not they wish to join. More details will be coming your way as the date approaches.

Butterfly Days

We will also be sending out a schedule for volunteers to help at the information booth at the Butterfly Festival. We are waiting for details from their organizational team as to how this will work so we can best plan for our volunteers. We are hoping to have many volunteers to work short shifts so that it does not fall upon just a few people to cover it all.

AAUW California



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!



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 209-742-1540 Ron & Beverley

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We Inspire Lifelong Learning

Membership

Women's "HerStory" celebration

—Kim Monson

About three dozen women and a few men gathered at the Grove House on Saturday, March 15th, for our first Women's "HerStory" celebration. The idea was that women have made great strides since suffrage, and that needed to be celebrated. We had three musicians who serenaded us with great songs. I was really touched by Gail Dreyfus's rendition of "I'm Gonna be an Engineer," by Peggy Seeger (Pete's sister). As a degreed engineer, I could totally relate because I had this grandfather who told me that college was wasted on women because we were just going to go home and raise babies. Fortunately, my mother was of the opposite opinion!

So besides the music, we had stories told by women about their lives or their female

relative's lives. These stories told of sexist things that had happened and that would be much less of an issue today. Our county library was a co-sponsor, and brought books about the history of suffrage. They had the technology to check out books on site and they played a short video clip about the struggles of Susan B. Anthony who attempted to vote before the 19th amendment was ratified. Thanks to librarian, Matt Johnson, for joining us in this celebration on behalf of his little girls.

Many of us wore white with purple sashes on behalf of the suffrage march in Washington DC. We attempted to have a contest perusing the table top signs of pioneering women and filling out a form about them. Only Sue Beatty played and was awarded a \$20 gift card for the



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We Send Girls to Science/Math Camp

Membership

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Grove House. Everyone else thought it was too much like homework. Oh, well. Live and learn. We are hoping to celebrate again next year. Any ideas? Perhaps we will focus on the "Women's Lib" movement of the 1970s.

Special thanks to the Grove House for their hospitality. They let us pretty much take over the place and provided audio support. We even had some walk-ins who joined us. It was a great afternoon!



We Sponsor Community Forums



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Membership

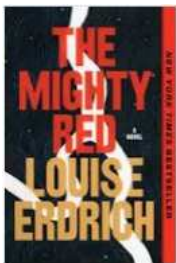


Member Corner: Idea exchange

—Bonnie Little

Our members share what we have found enlightening and entertaining

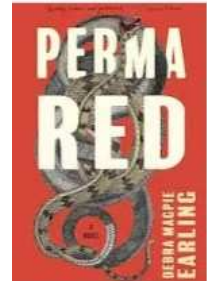
Kathy Delaney recommended two books that she enjoyed very much. The first is ***Before the Swallows Come Back*** by Fiona Curnow. This 2023 novel, set in the Scottish countryside, is about love, family, and redemption. The plot follows two young people, Tommy and Charlotte, who both lead lives filled with solitude and struggle. They meet unexpectedly and a deep friendship develops. Later, both of their families are struck by tragedy, and they lose touch with each other. Will they survive adverse circumstances and find their way back to each other? This novel has been described in many reviews as a “deeply engrossing, hard to put down read.”



The Mighty Red was written by Louise Erdrich, a Native American author of novels, poetry, and children’s books featuring Native American characters and settings. This novel is about a cast of characters from a sugar farming community living along the Red River in North

Dakota during the Great Recession. Themes such as love, desperation, farming land for the future, and the challenges women face in times of poverty are explored. This book, through its main characters, highlights resilience and the possibility of recovery even after experiencing tragedy and loss.

Jill Harry has recommended two novels as well. Debra Magpie Earling’s ***Perma Red*** is a story about a Salish woman, Louise White Elk, growing up on the Flathead Reservation in northwest Montana in the 1940s. Louise lives with her grandmother and younger sister in substandard conditions in a harsh and often freezing landscape. What seems a constant for Louise is flight, whether it is running away from the awful institutional Indian schools she is returned to multiple times, or running from the three men pursuing her: Baptiste Yellow Knife, a follower of old Salish ways but also an alcoholic with a volatile temper; his cousin, Charlie Kicking Horse, a tribal police officer, married, and often conflicted about both his job and



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We Provide Opportunities for Women to Reach Full Potential

Membership

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feelings; and Harvey Stoner, a rich white married man who has bought up a lot of the Indian land and also wants Indian women. Louise runs until she can't run any longer at about 16, when she tries to claim agency with the one thing she has of her own: her body. Poverty and violence are everywhere. Louise has dismal choices, but she doesn't give up. ***Perma Red*** was originally published in 2003, was out of print for several years, and was returned to print by Milkweed Press in 2022. It was inspired by true events in Montana. Earling bases the main character on her aunt, a woman who inspired her community even years after her death. It is a powerful story.



My Brilliant Friend by Elena Ferrante is a coming of age story told by a woman looking back at her friendship with a girl she first met in primary school. They grow up in Naples, Italy in a tight, working-class neighborhood during the 1950s. Their friendship is sometimes sweet, sometimes competitive, with both of them trying in their own way to claw out of the poverty of their circumstances. The story is well-told, with this part ending at the teenage marriage of the friend. It is a three-book series. Two more books to go.

If you came to our "Women's History" event at the

Grove House on March 15, you were treated to great music, information, and personal stories. Our Mariposa County Librarian, Matt Johnson, was there and brought a wealth of materials, including a selection of books about women and the right to vote. I checked out ***The Voice that Won the Vote: How One Woman's Words Made History*** by Elisa Boxer, with fantastic illustrations by Vivien Mildenerger. It is the true story of Febb Burn, a woman from east Tennessee, who influenced the Tennessee vote in a unique way. I enjoyed this book so much. I could picture myself reading it to my young students when I taught. Older students could read and enjoy it on their own. Thank you to our library and Kim Monson and her team who put together an enriching afternoon.



Speaking of women doing outstanding things, I heartily recommend watching ***The Six Triple Eight*** on Netflix. It is the true story of the 688th Central Postal Directory Battalion, the first and only all Black, all female unit of the Women's Army Corps (WAC) stationed overseas during World War II. It is an inspiring movie and features actual pictures of the women during their work at the end. This was a part of history that was new to me.



We Open Eyes



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Project: Tech Trek

Seven girls selected to attend this year!

—Trish Darcy

We have completed the scoring of applications and essays as well as conducted the interviews. The competition was very tight and several qualified candidates were interviewed. We have selected the following campers for this year: Astrid Ardell, Liv Engstrom, Chloe Sheets, Stella Newman, Maddie King, June Twiss, and Maya Lower.

The campers and their parents will be invited to a meeting in May to give them more details and answer any questions they may have.

We are lucky to be able to send these campers this year and hope they have an amazing time! We are also lucky to be able to send two extra campers this year. We had a credit in our Tech Trek account that covered one camper and received an amazing donation that covered the other. We are sending a total of seven campers this year! Thank you to everyone who helped with this year's process. Without you there is no way this program could run. ¡Muchas gracias!



Butterfly Festival— seeking volunteers

Set aside May 3rd and 4th for the Butterfly Festival. AAUW Mariposa will be manning the information booth and we will need volunteers to sign up for

shifts. This is a perfect opportunity for us to be seen out in the community. The sign up will be going out by email in April, so keep your eyes open for it.

Lunch with Leaders

Unfortunately, we have had to cancel this event for this year. We did not get enough students to sign up. We also discovered that there was another event covering the same subject the weekend before! Too much competition maybe? We will look at perhaps changing the format or going a different direction altogether for the fall. Stay tuned!

Looking for a home



This lovely plate and cheese knife were left over after the holiday party in December. If they belong to you, please contact [Bonnie Little](#) who is keeping them safe until claimed.

We Value Education



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SIG Overview

Special Interest Groups (SIGs)

International Study
Veronica Gross

Learn about a country, a culture, and a people. We study one country each year and meet monthly.

Book Group
Jaye Howes

This group meets monthly to discuss both fiction and non-fiction books members chose to read the previous month.

Play Reading Group
Dawn Johnson

"The play's the thing!" meets monthly to do cold readings of various plays that are shared by several California branches.

Hiking Group
Becky Mock

The hiking group meets monthly to enjoy each other's company while hiking new trails in and around Mariposa and Yosemite.



Does something else tweak your interest? Consider coordinating a new SIG!

Wine Tasting
Anne Dolchanczyk

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.

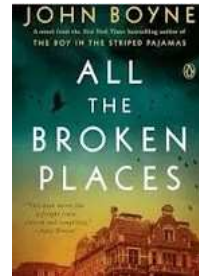
We Inspire Lifelong Learning



SIG: Book

Contact [Jaye Howes](#)

Our next meeting will be on
Monday, April 7, at 2:00 pm
at the home of Jaye Howes
We will be discussing
All the Broken Places
by John Boyne



Briar Club

Discussion notes by Rick Uebner

by Kate Quinn

Everybody loves murder mysteries. But this one has TWO murders, and all of the witnesses are not saying anything. Kate Quinn keeps the reader going in ***The Briar Club***. The murders occur early in the book, but we don't know who the victims are. Quinn spends the rest of the story revealing more about the women who are housed in the



Briarwood House, a boarding house in Washington, D.C. The time frame is in the early 1950s, during the McCarthy hearings into the infiltration of communists into politics and the film industry. The collection of boarders is unique, and Quinn does an excellent job of slowly revealing their quirky personalities. It received warm reviews from the group.



SIG: International Study

Contact [Veronica Gross](#)

Perspectives of Vietnam of today

—Jill Rowney



The International Study Group met on March 11 at the home of Veronica Gross. Discussion revolved around the different perspectives of Vietnam today. Tony Roberts researched several different sources (including The US State Department, NPR, Associated Press, and Al Jazeera), each with varying (and sometimes conflicting) descriptions of the Vietnam of today.

Susan Flaming expanded on that theme. Basically what is “advertised” by the government does not necessarily reflect reality.

Saralynn Nusbaum and her husband, Don Melcher, related their harrowing adventure during their visit to Vietnam when, towards the end of their trip, Don misstepped and broke his ankle. Two lessons learned:

- Buying travel insurance can be worthwhile!
- While traveling, DO NOT criticize the government!

Our next meeting will be on April 8 at the home of Nancy (Martin) and Peter Sproul.

We Send Girls to Science/Math Camp

**sig: Hiking**Contact [Becky Mock](#)

Too nice to stay inside!

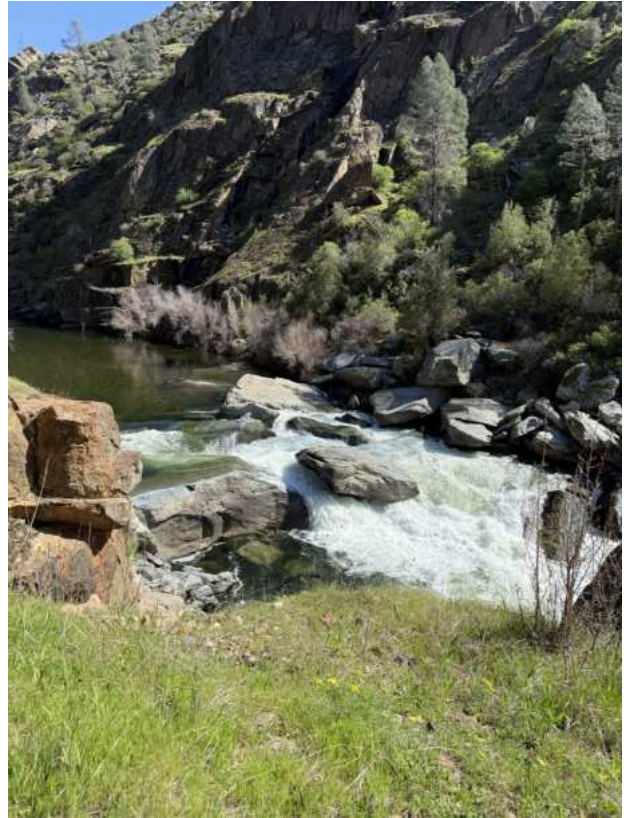
—Trish Darcy

On Saturday, March 8th, four humans and two dogs met in town and drove to Railroad Flat Campground down past Briceburg. From there we walked all the way to the junction of the north fork of the Merced River. The wild flowers were just barely beginning to come out for the spring. We bundled up, expecting it to be cold walking in the canyon, but soon peeled off layer after layer as we enjoyed the nice weather.



Along on the hike were Susan Flaming, Marti Fazio, Liz Darcy, Trish Darcy, Olive and Banjo.

Photos by Trish Darcy.



We Sponsor Community Forums

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Wildflower season has begun!



Another view of the Merced River south of Briceburg.

Photos by Trish Darcy.

sg: Play Reading

Contact [Dawn Johnson](#)



Too dumb to read *Dumbbell People in a Barbell World?*

—Dawn Johnson

A sizeable cohort of seven curious people gathered to read “Dumbbell People in a Barbell World,” mainly to try and guess what the title meant.

The three interconnected one-act plays, written by Dan Blue in 1961, had scant history of performances and even scant descriptions of the storyline.

But we found it to be a tender, often humorous, look at people of all ages and types whether it was moving to a new neighbor-

hood or losing the familiar comfort of the lobby of a grand hotel scheduled for renovation.

It was a sweet look at people who cling to old ways and are fearful of the new worlds they have been thrust into as a “second chance.” At least, we THINK that’s what the play was about.

But, all in all, it was an enjoyable read and we all went home and did some weightlifting.

We Provide Opportunities for Women to Reach Full Potential



AAUW Branch
Leadership Team Meeting Minutes
March 6, 2025
Mariposa County Library

Members:

- ♣ Bonnie Little, Co-Membership (present)
- ♣ Liz Darcy, Co-Membership (present)
- ♣ Becky Mock, Recording Secretary (present)
- ♣ Trish Darcy, President/Tech Trek (present)
- ♣ Kim Monson, Gov Trek (present)
- ♣ Jill Rowney, Finance/Newsletter (present)
- ♣ Anne Dolchanczyk, Goodwill Ambassador (absent)

The Meeting was called to order at 4:06 p.m.

Minutes (*Becky Mock*)

- ♣ Approved by email

Membership Update (*Liz Darcy, Bonnie Little*)

- ♣ Current number is still 69
- ♣ Membership Drive
- ♣ Discussed combining with annual membership meeting in June

Finance Report (*Jill Rowney*)

- ♣ Income: \$220.41; Expenses: \$245.60; Ending Balance \$11,452.69.
- ♣ Becky moved, Kim seconded, all were in favor of approval

Standing Projects:

- **Backpack Project**-Kim-done for this year
- **Tech Trek**-Trish
 - ♣ 12 girls have applied
 - ♣ Applications have been reviewed and rated
 - ♣ Interviews will be March 15 from 8 a.m. to 12 p.m. at the library
 - ♣ All 12 girls will be interviewed
- **Lunch with Women in Leadership**-
 - ♣ Sandi designed a flyer for the event
 - ♣ Only 3 girls have signed up, need at least 9 more girls to participate
 - ♣ Will cancel if not enough girls sign up
- **Scholarship**-
 - ♣ Will wait until next year for this

Fundraisers:

- **Butterfly Festival**-
 - ♣ Anne noted that there may be issues with the current planning progress

Programs/Events:

March	29th 11-2 pm Lunch with Women in Leadership 15th 3-5 Women's History	Trish Kim
April	Women's Health after 40-April 26	Liz and Becky
May	Butterfly Festival Volunteer Cocktails and Convos-May 14	Anne Trish
June	Annual Meeting-June 8th?	Trish

Old Business:

- **Mentor Project** (*Anne Dolchanczyk*) hold off a year.
- **Polo shirt order,**
 - 9 orders received
- **Women's Health**-time, place, program, insurance, advertising
 - Supervisor's meeting room
 - April 26, 2025
 - 2:00 - 4:00 pm
- **Women's History Month**
 - March 15, 3:00 -5:00 pm at the Grove House
 - Attendees should wear white
- **Cocktails and Convos**
 - May 14, 5:00 pm at The Alley
- **Event Planning Timeline and planning template** in progress https://docs.google.com/document/d/1ccPNrcNEJb_KCATqJ4Wy86Xm4FDVsnj8Zh4CLUDA8uo/edit?usp=sharing
- **Branch Buzz**

New Business:

- **Member Spotlight**
 - Kim will work aim for next newsletter
- **Cinco de Mayo**
 - Decided not to do anything since it is so close to Butterfly Festival
- **Nominations:**
 - Elected:**

President	Trish Darcy– one more year
Recording Secretary	Becky Mock
Finance Officer	Jill Rowney
VP of Membership	Liz Darcy and Bonnie Little
VP of Programs	Open

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Appointed:

Member at Large	Kim Monson
Member at Large	Anne Dolchanczyk
Backpack Project	Kim Monson and Rebecca Swisher
Fundraising	Sandi Gabe
Goodwill Ambassador	Anne Dolchanczyk
Newsletter Editor	Jill Rowney
Publicity/Social Media	Sandi Gabe and Dawn Johnson
Tech Trek	Trish Darcy and Barbara Silva
Website	Sandi Gabe

Upcoming Dates:

- * March 15th-Women's history
- * March 29th-Lunch with Leaders
- * April 3-Leadership team meeting

The meeting was adjourned at 5:07 p.m.

AAUW- Mariposa:

www.aauwmariposa.com

Facebook:

<https://www.facebook.com/aauwmariposa>

Instagram:

AAUW_Mariposa

Leadership Team: 2024-2025

Trish Darcy	President
Jill Rowney	Finance
Bonnie Little	Co-Membership
Liz Darcy	Co-Membership
Becky Mock	Recording Secretary
Anne Dolchanczyk	Team Member
Kim Monson	Team Member

Project Chairs/Coordinators

Backpack Project	Kim Monson & Rebecca Swisher
Fundraising	Sandi Gabe
Good Will Ambassador	Anne Dolchanczyk
Newsletter Editor	Jill Rowney
Gov Trek	Kim Monson
Programs/Events	open
Publicity	Sandi Gabe
Social Media	Trish Darcy
Tech Trek	Trish Darcy & Barbara Silva
Website	Dina Lambert

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