

# **BAYNOTES**

Empowering Women since 1881 – Through Advocacy, Education, Philanthropy and Research Branch Website: greenbayarea-wi.aauw.net

#### **October Branch Meeting**

Monday, October 21, 2019

Resurrection Catholic Church 333 Hilltop Dr. Allouez

5:30 pm Social/Light refreshments 6:00-7:00 pm Program

# CHILDHOOD TRAUMA AND MENTAL HEALTH Dr. Rekha Vijayan

Mental health is a profoundly important component of every person's overall health, and its importance is matched only by its complexity. An infinite number of variables have an impact on a person's mental health and early

experiences – particularly early traumatic experiences. – and can have long-lasting effects that continue into adulthood.

In this presentation, Dr. Rekha Vijayan, a psychiatrist with Bellin Health Psychiatric Clincial Services in Allouez, will discuss issues related to the impact of trauma on mental health, with particular focus on:

- \*types of trauma to which young women and girls are commonly exposed,
- \*the ways in which trauma impacts their mental health, both immediately and throughout their lives
- \*and various ways we as members of the community can get involved to help trauma survivors live full and healthy lives.

#### **INTEREST/STUDY GROUPS**

### WINE STUDY GROUP

Mary Barker and Maryl Hitchcock

Thursday, October 3 6:00 pm

This month: Study of Port, Sherry and Other Fortified Wines.

#### ART STUDY GROUP

Laura Fisher-Bonvallet

15 AAUW members and friends have RSVP'd for the day's outing to the **Leigh Yawkey Woodson Art Museum in Wausau.** The group will be having lunch at the City Grille and then take a docent led tour of the museum. Attendees will also have time to explore more of the museum and sculpture gardens on their own before returning to Green Bay in their pre-arranged car pooling vehicles.

# **ADELANTE! BOOK GROUP**

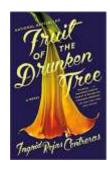
Mary Barker & Sara Ramaker

## Wednesday, October 16 5:30 pm Green Bay Distillery

Leader: Lindsay Mather Book: <u>Fruit of the Drunken</u>

<u>Tree: A Novel</u> by Ingrid Rojas Contreras

Seven-year-old Chula lives a carefree life in her gated community in Bogotá, but the threat of kidnappings, car bombs, and assassinations



hover just outside her walls, where the godlike drug lord Pablo Escobar reigns, capturing the attention of the nation.

When her mother hires Petrona, a live-in-maid from the city's guerrilla-occupied slum, Chula makes it her mission to understand Petrona's mysterious ways. Petrona is a young woman crumbling under the burden of providing for her family as the rip tide of first love pulls her in the opposite direction. As both girls' families scramble to maintain stability amidst the rapidly escalating conflict, Petrona and Chula find themselves entangled in a web of secrecy.

Inspired by the author's own life, *Fruit of the Drunken Tree* is a powerful testament to the impossible choices women are often forced to make in the face of violence and the unexpected connections that can blossom out of desperation.

#### AFTERNOON BOOK GROUP

Wendy Schroeder

Monday, October 28 3:00 pm at The Attic 730 Bodart Green Bay

Leader: Dotty Juengst
Book: <u>Becoming</u> by
Michelle Obama
In a life filled with
meaning and
accomplishment, Michelle
Obama has emerged as
one of the most iconic and



compelling women of our era. In her memoir, a work of deep reflection and mesmerizing storytelling, Obama invites readers into her world, chronicling in the experiences that have shaped herfrom childhood on the south side of Chicago to her years as an executive balancing the demands of motherhood and work.

# **Branch Board Meeting**

Monday, October 7 5:30 pm Sara Ramaker's home 2545 Oakwood Ave. GB

#### DREAMERS & DOERS VOL. II

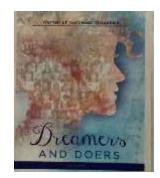
**Dotty Juengst** 

Next planning meeting will be Oct. 9 from 5:00 - 6:30 PM. at the Central Library second floor meeting room. We are planning to go to the Hotel Northland for dinner after the meeting. If you would like to come please RSVP so we can make a reservation.

Our Dreamers & Doers Book Release Event will be April 23, 2020 5:30-7:30 pm at Hotel

NORTHLAND. Details forthcoming!!

Go to our website: <a href="https://greenbayarea-wi.aauw.net">https://greenbayarea-wi.aauw.net</a> to reserve your copy.



#### **SCHOLARSHIP**

Laura Fisher-Bonvallet

At our September Branch meeting we met the remaining two recipients of our 2019 Scholarships.

Candice Gumm is finishing her degree at NWTC this fall and will graduate in December. She is a part of the Medical Assistant Technical Diploma Program. "I just wanted to say thank you again, from the bottom of my heart! Someday, I hope to be able to pay it forward and help someone else achieve their dream of returning to school as an adult and help them to know that anything is possible with the team of people that believe in you, including yourself!

Thank you!"

Skylar Douglas is our
UWGB scholarship
recipient, earning his degree in business.

#### PRESIDENT'S MESSAGE

Sara Ramaker

WELCOME TO AAUW'S FIRST BRANCH MEETING OF 2019-2020: I am sorry I am not be able to officially welcome you in person at our first Branch Meeting, September 18. I am looking forward to my bicycle trip the last two weeks in September, but I do feel very badly about missing the first branch meeting. I like the September meeting, because it feels so good to reconnect with all of you at a more relaxed meeting. I have heard Father Neilson's presentation on the Art of Healing and hope you enjoy it as much as I did. It is a great way to begin our 2019-2020 year! Thank you to Diane Warpinski, Linda Birder, Jill Lauritsen and her Social Group who organized this meeting!

The summer gives us all a needed break from our advocacy work. Hopefully, you are all recharged and are ready to reinvest in AAUW. Many members have not taken the same break and have worked hard to put together some great programs. Remember AAUW was started to encourage the education of women and that is what we do at every branch meeting. So please plan to attend every one. Better yet, bring a friend or two. Attending the meetings shows respect for the members who contributed considerable time to arranging the program and to the speakers who are taking time out of their busy schedules to educate us on new topics or the status of old issues at no charge. Finally, please be aware and tolerant of date changes. (For example, the April Branch meeting is not the usual third Monday but rather the third Wednesday!) This year seems to have been particularly filled with places and/or speakers who cannot meet our regular days.

I am looking forward to our October 21 Branch meeting when we will return to Resurrection Church as the meeting place. This seems to be a favorite location for our group so we are happy to have four meetings planned at this space. This topic arose when members were discussing how the trauma happening to our children affects them in the future. This was a very popular topic, but I worried where we would find a speaker. Fortunately, Lindsay Mather took the assignment and found Dr. Rekha Vijajan, a local doctor specializing in psychiatry and internal medicine with over 19 years' experience. The exciting part is that she can tell us what is happening right in our neighborhoods and schools. How mental health issues are affecting local women and children is such an important topic for us to address. It should be a very thought provoking and interesting program. Looking forward to seeing you there.

I hope you all are enjoying meeting for the book groups, art groups, wine study that AAUW has to offer. As we enjoy our local activities, do not forget that you are a part of a larger national group that has been working to break down barriers for women since 1881. If AAUW did not exist, who would have done the research that showed advanced educational studies did not harm women? Would we know that the student debt crisis affects women more than men? More importantly, would anyone care? I mention this because Judy Johnson started a conversation with a mutual friend about the wonderful programs we have. She considered joining and I said, "Even if you never have time to attend one of our local meetings, you will foster a national organization that is working every day to lobby, study and do what is necessary to help women achieve all the want in this world." She was listening. We may have a new member. This argument has been successful with other friends, too. Challenge yourself to find one new member or mentor a younger member this year.

No matter what sad things are happening in this amazing and changing world, I know I have a lot to look forward to with our local AAUW in 2019-2020. You women keep me balanced, inspire and sometimes make me crazy busy. I never leave a meeting when I have not been very glad I went. I hope you all agree. See you soon.

#### **WANTED**:

LAF needs **baskets** for displaying raffle items. Gently used are fine. In addition LAF appreciates any donations to be used as **raffle items**. Bring items to any branch or board meeting or contact Mary Schmidt

#### **STAY INFORMED**

Sara Ramaker

As the U.S. Supreme Court has decided it cannot help the U.S. get meaningful districting, it has become even more important for the citizens to demand fair districting. Regardless of party, gerrymandering hurts all of us. It creates "safe" seats - seats that guarantee a Democrat or Republican in office. When a legislator has a safe seat, he or she need not listen to the constituents at all. The legislator becomes more beholden to the party than the people who elected them. It can make your vote worthless which discourages citizen involvement. It is contrary to a healthy democratic government.

If you recall in the program on our parties being duopolies, ending gerrymandering was important to create more competition in our government. LWVGGB has put together an excellent program on gerrymandering on Saturday, October 5 9-12:00 a.m. at the YWCA. See information below, I hope you will try to attend. Making each vote count is important to all that AAUW does, too.

Spread the word! Hope to see you there! If you want a ride, email me or give me a call after September 29.

What is Gerrymandering? What Can You Do? What is the National Popular Vote? Featured speakers are:

Dan Theno, former Republican State Senator Cheryl McCutcheon, member of the Citizens Redistricting Advisory Subcommittee to the Brown County Board's Executive committee Erin Grunze, Director of the League of Women Voters of Wisconsin

Barbara Paterick, a League member will explain the National Popular Vote Interstate Compact.

#### **BRANCH LEADERSHIP TEAM**

President: Sara Ramaker

 $\label{lem:vice-president} Vice-president\ programs-Linda\ Birder$ 

Membership – Wendy Schmidt-Janosik

Treasurer - Janice Davis

Secretary – Portia Georgia

#### **BRANCH CHAIRS**

Legal Advocacy Fund - Mary Schmidt Dreamers and Doers - Dotty Juengst Scholarship – Laura Fisher-Bonvallet BayNotes - Barbara Wilson Website – Mary Barker Hospitality – Sue Hendricks

#### **INTEREST GROUP CHAIRS**

Adelante Book Group – Mary Barker
Afternoon Book Group – Wendy Schroeder
Art Study - Laura Fisher-Bonvallet
Wine Study – Mary Barker & Maryl Hitchcock
STEM – Linda Birder
Water Study – Carol Pearson
Movies – Bev Braun
Voting – Linda Birder
Social – Jill Lauritsen

#### October Branch Calendar

Oct. 3 – Wine Study Group

Oct. 7 – Board Meeting

Oct. 9 – Dreamers & Doer Planning Meeting

Oct. 16 – Adelante Book Group

Oct. 17 – Art Study Group

Oct. 21 – Branch Meeting

Oct. 28 – Afternoon Book Group