

# DESERT BREEZE

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

## MISSION

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



**September 19, 2020**

**Virtual Meeting for AAUW Members**

**11:30 AM**

This September 19th meeting will be our first Virtual meeting and can be accessed on computer and cell phones. Have your coffee/sandwich ready and join us for a social and educational time as we will be learning how to manage virtually. This is an opportunity to share your COVID experiences and try and have some fun.

## VISION

Equality for all

## VALUES

Nonpartisan, Fact Based, Integrity, Inclusion and Intersectionality

## FOCUS AREAS

Education and Training,  
Economic Security,  
Leadership, Governance and Stability

**To join by video,**

**Meeting Link:** <https://unlv.webex.com/unlv/j.php?MTID=mc7d3865a8b91b46f80f47facc898024>

**Meeting number:** 120 890 6790

**Password:** pKpKyY7\$

**or send an email to our Board Member Alison Sloat** prior to September 19th. Alison will send you an invitation with a link to join. Her email is [alison.sloat@unlv.edu](mailto:alison.sloat@unlv.edu)

**If you prefer to join by phone, Call +1 415-655-0001 (ACCESS CODE 1208906790).**

This meeting also serves as a practice session to get us ready for the combined virtual meeting with the League of Women Voters who are inviting the candidates running for election in November. This will take place on October 17, 2020 at 2 pm. The link and password will be announced in the October newsletter.



## A Message from the President

Marian Stanton

Since our last Board meeting in August, we have been working to create Las Vegas AAUW Policies and Procedures. This has been a project needed by our Branch to help it operate like a machine. During each Board meeting, we work on many things to give our Branch better mechanics for the 2021-2022 officers. We have realized that leaving records, job descriptions, current Bylaws, Policies and Procedures are mandatory. This takes time, patience with each other and hard work. Rome wasn't built in a day.

I am looking forward to our first virtual member meeting on September 19th. Anyone who needs help connecting to the meeting can call Alison Sloat or email: [alison.sloat@unlv.edu](mailto:alison.sloat@unlv.edu). Our first meeting will give us practice to connect to the first combined meeting with the League of Women Voters and AAUW Boulder City in October. Invite your friends to come and join us for this important event. It is important to see and hear the candidates.

Since this COVID virus, we are trying to present interesting articles for you. We want you to submit articles, Bios, and Recipes to the newsletter editor. The recipe contest ends September 30th and the votes must be emailed to [mikistanto@aol.com](mailto:mikistanto@aol.com) by September 27th. Send your recipes to the same address. We want our members to be informed and safe.

We remind you all to join if you are not a member and pay your dues if you are a member. Also, please keep in mind, because we have not yet created a scholarship fundraiser this year, we are accepting donations to our local scholarship fund throughout the year. Send donations to our Treasurer, Marilyn Zimmerman. Email: [marilyn0812@gmail.com](mailto:marilyn0812@gmail.com) for instructions.

On Monday, August 31st, I sat in on the Town Hall meeting with Senator Cortez Masto and Dr. Mark Pandori pertaining to the COVID virus. There were a few points that I felt that should be passed on to you. The election ballots should be mailed in as soon as you get them. The postmaster removed the sorting machines and blue boxes which has slowed down the process.

There is a Disaster resource guide on the Senator's website that has current information. The unemployment figure in Nevada is 14% and nationally 10%. Talking and coughing carry the virus. Absolute distancing is mandatory. Surface to touching the face carries the virus. Mortality rate is 8 times higher than the common flu. Our test results are above 10%, 2 times higher than where they should be. Our state is one of the best states for testing. Because of our morbidities, the national deaths are 177,000. Maybe only 10% is just from the virus. Be SAFE and keep mouth and nose covered around people. There are also free COVID tests given at Fiesta Henderson, Texas Station Casino, Ok'care Pharmacy and Sam Boyd Stadium from now (except holiday) until September 18th, from 6 AM until 2 PM. You do not have to have symptoms to take the test. Visit: [www.DoINeedaCOVID19test.com](http://www.DoINeedaCOVID19test.com). And VOTE.

## ANNOUNCEMENTS

- September 19, 2020, 9-11 AM:  
Virtual meeting with the League of Women Voters. This will be a review of 5 questions in the November election. Forum link <https://actionnetwork.org/events/2020-ballot-question-review>
- September 19, 2020, 11:30 AM:  
AAUW Las Vegas Chapter virtual meeting
- September 23, 2020:  
The Board will meet virtually
- October 17, 2020:  
Virtual meeting with candidates, League of Women Voters and AAUW Boulder City
- The Sunshine Chair is vacant at this time. Please contact [mikistanto@aol.com](mailto:mikistanto@aol.com) if you would be interested in taking this position.
- **VOTE FOR THE BEST RECIPE FROM NOW UNTIL SEPTEMBER 27TH BY EMAIL TO [MIKISTANTO@AOL.COM](mailto:MIKISTANTO@AOL.COM)**
- Don't forget to send in your annual dues which are \$85.00 for July 1st - June 30th. To pay, you can google "AAUW Las Vegas Membership" and click on the first link that pops up. You can also call (702) 273-9606 or email Marilyn Zimmerman for assistance: [marilynz0812@gmail.com](mailto:marilynz0812@gmail.com)

## RECIPE CORNER

### Goey Butter Cake by Amy M. Mastin



- 1 (15.25 ounce) package yellow cake mix
- 1/2 cup melted butter
- 4 large eggs, room temperature
- 2 teaspoons vanilla extract, divided
- 1 (8 oz.) package cream cheese
- 2 cups confectioner's sugar

Preheat oven to 350 degrees F (175 degrees C). Mix together cake mix, melted butter or margarine, 1 teaspoon vanilla, and 2 of the eggs with a spoon. Spread evenly over a 9 X 13 inch pan. Mix cream cheese, 2 eggs, and 1 teaspoon vanilla with an electric mixer. Slowly beat in confectioner's sugar, one half cup at a time. Pour over cake layer. Bake for 40 to 45 minutes. Cool before cutting into small squares.



### MARIE'S QUICHE



- 1/2 stick butter melted
- 10 egg beaten with flour, baking powder, salt
- 1 can diced Tomatoes, Mexican style
- 1 teasp. baking powder
- 1 teasp. salt
- 1 package frozen spinach thawed and liquid squeezed out
- 1 8 oz. can seeded chopped mild Ortega Chiles
- 2 cup fine curd cottage cheese
- 1/2 lb grated cheddar cheese
- 1/2 lb grated jack cheese

Prepare Oven at 400 degrees. Pour melted butter into 13 X 9 X 2 " pan. Pour egg mixture with cheeses and Chiles and squeezed spinach into pan and bake 15 minutes and reduce to 350 degrees for 35 to 40 minutes. Cool very slightly and cut into squares.

Our **Scholarship Program** supports local women by awarding scholarships to women who choose to attend UNR, UNLV, Nevada State College or College of Southern Nevada.

Individual contributions given to the AAUW Local Scholarship should be made out to AAUW Las Vegas and sent to Treasurer, Marilyn Zimmerman.

## More Recipes

### Shredded Beef

- 3 lbs of Beef Roast
- 1 onion sliced thinly or more
- 1 can diced Tomatoes, Mexican style
- 1 can diced Ortega Chiles
- Oregano, Basil and garlic slices
- salt and pepper to taste

Put into crock pot and turn onto high temp. Insert sliced garlic into slits in roast, sprinkle salt and pepper and spices over roast, along with the onion, tomatoes and Chiles. Cover and cook for 5 hours. Reduce to low until meat begins to break apart. Take out and shred with fork adding enough of the juices to keep meat moist. Can mix thick juice with meat. Serve with warm tortillas, or with small rolls, fresh tomatoes, onions, shredded lettuce and or cheese.

### Enchiladas

- 1 TO 1 1/2 dozen corn tortillas
- 1 large can green mild enchilada sauce
- 1 pint sour cream
- 1 chopped onion
- about 1 cup chicken, beef or pork shredded
- 1 lb grated cheese

Blend and heat together, Prepare baking dish with spray. Dip each tortilla and fill with following and roll and lay in baking dish. Take left over chicken, beef or pork shredded or just cheese, chopped onion and cheese, and roll in the tortilla. Line up in dish. Pour remaining sauce over enchiladas and sprinkle more cheese over top. Bake at 350 degrees for about 30 to 40 minutes.



### Colorful Coleslaw

- 1 package mixed cole slaw
- Enough Best Foods Mayo to connect with cole slaw
- 1 small bag of sliced almonds
- 1 lime juice
- small handful of dried cranberries
- small can of mandarin oranges

Mix all ingredients with lime juice in a bowl. Arrange around rim of bowl 1 pkg strawberries.



## Member Bios



Rica Andrade, Esq.

Since July 2020, Maricar "Rica" Andrade has served as our Newsletter Editor. She is also a Board Member of our Las Vegas Branch of AAUW.

Rica attended UCLA and received her B.A. in Psychology, with a Minor in Asian American Studies. She became an elementary school teacher for 7 years and then decided to go to law school.

Rica is an attorney and Partner of Andrade Law, a private firm that she owns with her husband who is also an attorney. Rica focuses her practice on divorce and child custody/visitation matters. She has lived in Nevada for 17 years. Rica has a son at UNLV, two daughters--in middle and high school, and two 3-month-old puppies.

Rica is also the Project Manager for a local nonprofit's Domestic and Sexual Violence Victim Advocacy Services. Bamboo Bridges' mission is to bring culturally-relevant services to Asian Pacific American women and their families through education, awareness, advocacy, and coalition building. If you, or someone you know, has been impacted by domestic violence or sexual assault, call (725) 222-0041 or visit [BambooBridges.org](http://BambooBridges.org) for resources.

Rica is also passionate about dance. She trains and takes an average of 7 dance classes a week in various styles: ballet, hip hop, heels, jazz funk, and breaking. You can find her on Instagram @Rica.Andrade26

## Inspiration Corner

Our Educational System

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

-This quote has been attributed to Albert Einstein, but it may actually have come from a variety of different sources.



"All the months are crude experiments, out of which the perfect September is made."

— Virginia Woolf



## KUDOS & THANKS

- Many thanks to Pam Williams for obtaining information and applications for scholarships.
- Many thanks to Marilyn Zimmerman for starting to make corrections on our website.
- Thanks to Kelli Despain for furnishing the space for a board meeting.
- Thanks to Alison Sloat for setting up the virtual connections for our Board meetings and monthly meetings.
- Thanks to all our members who have sent in their dues and all the members who plan on sending in their dues.
- Thanks to Teri Burton for acting as Sunshine Chair for many years. I am sure she will miss doing this.



- 9/1 Jo Ann Parocetti
- 9/3 Marlene Adrian
- 9/3 Sally Thomas
- 9/6 Julia Jeffries
- 9/17 Rica Andrade



Any member can sponsor for \$10 a fiscal year. Call Marilyn Zimmerman at (702) 273-9606 and send a check to her.

Email card to Rica:  
AndradeforJudge@gmail.com

## NEWSLETTER SPONSORS

**Rica Andrade, Esq.**  
Attorney & Counselor at Law  
AndradeLawGroup.com



Rica@AndradeLawGroup.com  
1489 W Warm Springs Rd, Ste. 110  
Hend

**(702) 468-9591**

Crochet by Helene

Helene Winkler  
Creator



702-916-4663  
hipwinkler@yahoo.com



Helene Winkler started crocheting again, and this has become a creative outlet for her. She made scarfs and hats which are now for sale. Scarfs are \$25 and hats are \$7 each. A set is \$25. Please contact Helene: (702) 916-4663 or hipwinkler@yahoo.com. She can make the items in various patterns and colors.

## THE CORONAVIRUS (COVID-19) PANDEMIC

We will forever remember 2020 sadly as a year of a horrible pandemic with many lives lost, a year of a lockdown, an empty and eerie Las Vegas Boulevard, being overwhelmed with news of the novel coronavirus known as COVID-19.

We may even have been personally affected some way, sparking fear, concern and confusion. Our emotions start to affect our behavior , so we may have felt trapped in our homes, unable to control how we live our lives. As hard as it seems , we still have to continue to practice calm, caution and common sense over the next several months.

The human coronaviruses were first identified in the mid-1960's , this new novel 2019-nCoV that infects animals evolved and moved to make people sick, thus becoming a new human coronavirus. Among adults, the risk of severe illness from COVID-19 increases with age, but people of any age with certain underlying medical conditions are also at increased risk. This includes cancer, chronic lung disease, immune compromised patients, heart conditions , diabetes, obesity, chronic kidney disease, hypertension , pregnancy amongst others. Symptoms range from being asymptomatic to fever, cough, shortness of breath , chest pain, loss of smell or taste, headache, fatigue, body aches, diarrhea , new onset confusion, new symptoms are still being investigated, now especially in the younger age group. Any of these symptoms may appear 2-5 days after being infected or as late as 14 days. The spread is mainly from person-to-person who are in close contact with one another.

To protect yourself and others, avoid close contact, avoid attending large gatherings , gatherings that are mainly indoors, wearing a mask that covers your nose and mouth, washing your hands often when necessary or using a sanitizer , covering mouth and nose with a tissue when you cough or sneeze.

There is currently no known treatment or cure for this virus, all treatment options are still under investigation and trials, hoping for a good outcome. Most people recover fully, some continue to have problematic symptoms, making it difficult at this time to know what the long term effect to the body might be. There is currently no vaccine to prevent it, vaccine developers are expediting the development all over the world. We can only hope and pray that both a treatment and/ or a vaccine will help to bring this pandemic to an end.

Be safe and be your sister's keeper!  
Afi Bruce, MD