

November 2024

DESERT BREEZE



Las Vegas (NV) Branch

American Association of University Women

November MEETING

Saturday, November 16, 2024

11:30 AM

THE SUMMIT

2215 Thomas Ryan Blvd.

Las Vegas, NV 89134

Come join us at The Summit. The cost is \$25.00 per person. The price includes the room fee, technical equipment, lunch from the menu, and a drink. Guests are welcome, so bring a friend. No reservations are needed.

PROGRAM

AAUW NOVEMBER SCHOLARSHIP FUNDRAISER



***SUPPORT OUR
SCHOLARSHIP
FUNDRAISER***



PRESIDENTS' MESSAGE

At our October meeting we had an informative presentation on Civic Engagement presented by Dr. LuAnn Holmes, City Clerk, City of Las Vegas.

November 16 is our annual fund-raising meeting to raise funds to support our scholarships for women. Be sure to attend and take part by purchasing a silent auction item or just writing a check. This year we were able to award six scholarships for a total of \$6,000. We need your support to do this again.

We also look forward to our annual holiday gathering in December that will again be at Shirley Hills home. Look for more information and details in our December newsletter.

We have also combined our November and December Out to Lunch to avoid upcoming holidays. We will be gathering on Thursday, December 12. Look for more information on this soon.

This year we have distributed our directory electronically to our members. A small number of printed directories will be available on request at meetings this fall. Corrections and additions to the directory will be emailed throughout the year. Be sure to check your information to make sure that it is printed correctly. If your information needs to be corrected, just send an email to aauwlasvegas@gmail.com.

We continue to stay focused on our mission of gender equity and economic and economic security.

Janis and Marilyn



MEMBERSHIP RECRUITMENT AND GROWING OUR BRANCH

Membership Recruitment and Growing our Branch

Let's grow our branch membership. Every member can be a recruiter. Most individuals join AAUW and other organizations because someone they know told them about the organization and invited them to a meeting or activity.

So, we challenge all our members to bring guests to our meetings and activities, so we can grow our membership with individuals who support the mission and work of AAUW.

MEMBERSHIP RENEWALS

Membership renewals now occur throughout the year. Most of our branch members have June 30 membership expiration dates. Newer members and those members who renew after the three-month grace period will have a membership renewal date that occurs in a different month. The Membership Directory includes each member's renewal dates.

Members will receive email notices from AAUW regarding renewing your membership approximately three months prior to the expiration date. There will be a link to renew, using a credit card, or you may still send a check to our treasurer, Letti Dowell. Her information will be included in the renewal notice as well.

Members will continue to receive them through the grace period, which is three months after the renewal date or until the member renews their membership, if sooner. After the three-month grace period, members that have not renewed their membership are dropped from the membership.

Membership dues remain at \$98 for branch members, \$18.81 for student affiliate members and \$17 for Honorary Life Members.

Honorary Life Members should send their membership dues of \$17 to Letti Dowell, Treasurer, at 9633 Gavin Stone Ave., Las Vegas, NV, 89145, by June 30.

SUPPORT OUR SCHOLARSHIP FUND

While we hold our annual fund-raising event at our November meeting, we want to remind you that donations can be made throughout the year.

To make a tax-deductible donation to the Scholarship Fund, checks should be sent to the Public Education Foundation, 4505 South Maryland Parkway, MS 1077, Las Vegas, NV 89154. Be sure to designate that the check is for AAUW Las Vegas Scholarships. The Foundation will acknowledge your gift.

You can also donate online to our Scholarship Fund at www.thepef.org. Again, be sure to indicate that your donation is for AAUW Las Vegas Scholarships.

Non-Deductible contributions can also be made at any time by writing a check payable to AAUW Las Vegas. Checks can be given to our treasurer, Letti Dowell, at any meeting or mailed to her at 9633 Gavin Stone Ave., Las Vegas, NV 89145.



SUPPORT OUR SCHOLARSHIP FUNDRAISER



**AAUW NOVEMBER SCHOLARSHIP FUNDRAISER
SATURDAY
NOVEMBER 16, 2024
11:30 AM
SUMMIT RESTAURANT**



Public Policy
Evelyn Thompson-Hilbert



Hello AAUW, Las Vegas Branch Members!

The U.S. presidential election will likely be over by the time you read this. Meanwhile, the retail market, already promoting Christmas merchandise, has unofficially started the holiday season. Unfortunately, for many, the holidays bring not just joy but also stress and even depression.

Given the volatility of this election, the reduction in rights rather than progress, and the strain on relationships, it feels timely to focus on our well-being.

When I first joined the AAUW, I was invited to give an impromptu presentation on mindfulness when a scheduled speaker couldn't make it. My doctoral research focused on mindful, trauma-informed practices in workforce development to inform local, state, and federal policies. We must rethink how our laws are crafted, implemented, enforced, and revised to support well-being.

As election results may be delayed, or the outcome may not be what you expected, I offer some simple, practical mindfulness exercises. Whether you're stressed about the election, the upcoming legislative session, or life in general, these tips may help you find calm and clarity in your choices.

"Stop, Drop & Breathe" is a program I developed initially for public policy and workplace wellness, but I share it with you now to help you manage any source of stress this season.



Follow these steps:

STOP —Pause any uncomfortable activities or disruptive thoughts.

DROP—For a few moments, Let go of the energy and attention you're giving to the discomfort.

BREATHE —Use the following breathing technique:

Bring your full attention to the present moment. Remember, when you return your focus to them, your stressors will still be there.

As you breathe, keep your awareness of the sensation of air moving across your upper lip.

1) Recognize that you're stressed. The first step is acknowledging that you're feeling stress.

2) Take three deep breaths:

- Close your eyes.
- Breathe in deeply through your nose, counting to four.
- Hold your breath and count to four.
- Slowly exhale for a count of four.
- Hold your breath for another count of four.

3) Repeat this breathing cycle three times.

After completing the cycle three times, take one final deep breath and release it with a deep, audible sigh. Return to normal breathing.

Consider this process a reset. Allow a feeling of calm or a possible solution to emerge, even if it's just a glimmer of peace.

Finally, set an intention—silently or out loud—for the desired outcome, and continue with your day (or night).

You might be amazed at the power of simply stopping, dropping, and breathing!

Now, onto some policy information...

LOCAL

We witnessed the powerful impact that diversity brings when women, women of color, LGBTQ+ individuals, and others have a seat at the table. This inclusivity deepens our understanding of community issues. Our candidates' forum highlighted important topics affecting girls and women, bringing these issues to the forefront of our awareness. We will continue to build and nurture these relationships to address these topics in the future.

STATE

Nevada's Biennial Legislative Session begins in 2025! Bill drafts were submitted in August 2024. For more information about the process of how bills become laws in Nevada, visit the Nevada Policy site: [How Laws Are Made in Nevada]

(https://nevadapolicy.org/how-laws-are-made-in-nevada/?gad_source=1&gclid=CjwKCAjwyfe4BhAWEiwAkIL8sEAiAi_PLrEHO3IUzGzCp5L4aMHKRj0vi59aHL7XLKikAv82UaPQjhoCPTMQAvD_BwE).

- One key ballot issue, Ballot Issue #6, will determine if abortion rights become law in Nevada. It's important to note that if federal laws negate abortion rights, they will override any state laws.

Other ballot issues aligned with our mission include:

- State Question #2: This measure seeks to amend the state constitution to use inclusive language supporting individuals with intellectual or developmental disabilities. We'll delve into more on disabilities at our AAUW State Convention in April 2025.
- State Question #5: This proposal would remove taxes on the storage and "other consumption of diapers." David Schmidt, Chief Economist for the Department of Employment, Rehabilitation, and Training, notes that single mothers are among Nevada's most unemployed group. Considering the pay equity gap, it's easy to see how this could impact single mothers' educational opportunities.

NATIONAL





I won't go into detail about the national policies AAUW is actively addressing, but please know that, depending on the outcomes of upcoming elections, significant work will be ahead on issues like the ERA, voting rights, and others.

AS ALWAYS, CONTACT ME WITH QUESTIONS, CONCERNS OR SUGGESTIONS:

**DR. EVELYN THOMPSON-HILBERT, DDP
EVELYN.AAUW@GMAIL.COM**



**HAVE YOU MADE YOUR PLAN TO VOTE?
WITH EQUITY IN EDUCATION, ECONOMIC SECURITY, AND
REPRODUCTIVE RIGHTS AT STAKE THIS ELECTION, IT'S
CRITICAL THAT EVERY VOTER MAKES THEIR VOICE HEARD.**

-  Check your voter registration.
-  Learn what's on your ballot.
-  Plan when, where, and how you'll cast your vote.
-  Help your friends and family make their plan to vote.

**WHETHER YOU VOTE BY MAIL, BALLOT DROP BOX, OR
IN-PERSON, ALL ARE SAFE AND SECURE WAYS TO MAKE
YOUR VOICE HEARD THIS ELECTION.**

**IN CASE YOU RUN INTO PROBLEMS OR HAVE QUESTIONS
ABOUT THE VOTING PROCESS, CALL THE ELECTION
PROTECTION HOTLINE: 866-OUR-VOTE (866-687-8683).**

INTEREST GROUPS

- **Bridge: Cam Usher (702-456-0702)**
- **Book Club: Kathryn Robinson (702-458-1747)**
- **Out to Lunch Bunch: Janis Schoen (516-376-9856)**



The Bridge Club is looking for a volunteer, who would like to be chair of the group. Cam Usher and Teddi Brewer have been AAUW Bridge Chairwomen for years. They have the ins and outs of what the position would entail. They would be glad to mentor you. Here are some of their duties:

- **Represent and promote the club.**
- **Oversee arrangements for the schedule for each bridge session, including the partners and rotations, scorers, and hosts.**
- **Oversee the bridge marathons, including the donations and prizes.**
- **The chair makes key decisions for the group.**
- **The chair delegates duties to others, so that everyone has a manageable role and the group runs smoothly.**

Home Tour

November 2, 2024

1 - 4 PM



**Celebrate Boulder City's
47th Annual Home Tour!**

Visit unique and historic homes

\$20 tickets available after 10/14/24

From Boulder Dam Hotel and AAUW members

All proceeds benefit scholarships for local
students continuing a college education

The Branch is celebrating its 85th Anniversary, this year!

Special Announcements



Birthdays

Judith VanCleaf	11/17
Mary Clyburn	12/5
Emilie Rubalcava	12/5
Anne Greene	12/24
Marian Stanton	12/29

AAUW Meetings

November 16	The Summit
December 15	Shirley Hills
January 18	The Summit

Officers & Committee Chairs 2024 - 2025

Co-Presidents: Janis Schoen & Marilyn Zimmerman

Vice President Membership: Shirley Hills

Vice President Programs : Evelyn Thompson-Hilbert

Secretary: Afi Bruce

Treasurer: Letti Dowell

Immediate Past Co-Presidents: Shirley Hills & Judy Ingham

Public Policy: Evelyn Thompson-Hilbert

Newsletter: Judy Ingham

Scholarships: Marilyn Zimmerman & Shirley Hills

Sunshine: Marian Stanton

Mission

**Gender Equity
Economic Security**

Values

**Intersectional
Inclusive
Intergenerational
Empowering**

Focus

**Economic Security
Education
Advocacy**