

**Whatcom Branch
general meeting**

October 10, 10 a.m. to noon

**This presentation is for
YOU**

During this year of pandemic and politics, we need to take care of our mental and emotional well-being, which may be taxed in so many different ways. We may also want to help a friend or loved one who is dealing with stress or depression.

To increase our awareness and broaden our understanding, we will welcome Virginia Malmquist, a private therapist and counselor with over 18 years of experience. Her presentation will be the first order of business at this Zoom meeting.

She writes: *“My office is a little log cabin on a small lake nine miles east of Bellingham. In the winter, we sit inside by the fire and in summer we often sit out on the porch, next to the water. My counseling degree is from U. W. and in addition to the two year master's program, I also did three years of doctoral studies and a year studying with the Seattle Family and Marriage Institute.”*

Malmquist also holds Bachelor of Arts degrees in Sociology and Anthropology from Knox College in Galesburg, IL.

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AAUW

Whatcom Branch



Photo courtesy of Barb Craig

No greenery sale this year

We are sorry to announce that Whatcom Branch will not hold its holiday greenery fundraiser this year. We understand that Boy Scout Troop 4019 will have a wreath sale, and hope you will consider supporting them.



Therapist to speak

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Here is what Whatcom Women's Network said about this presentation: "Many people suffer from depression. It is not particular to age or gender, but has a wide range of targets. People suffering from depression experience serious health risks, including stroke, heart attack and more. New research has led the way for more positive outcomes in treatment. Understanding the role of inflammation, the environment and neurotransmitters gives us new information and strategies that help."



There will be a question and answer session after her speech.

A PDF entitled *Feelings* is included in the email with this newsletter. Please open it and have it available during the meeting.

Watch for an email from Judi Edwards (closer to the day of the meeting) with a Zoom invitation.

Invite a friend!

Ticket refunds approved

At the September board meeting, it was decided that Whatcom Branch will offer refunds to anyone requesting one, who had purchased tickets for what was to have been a tea and fashion show last March. As many of you know, a refund from Brown Paper Tickets (of about \$1900) has not yet materialized, and perhaps never will..

We cannot yet set a date for this postponed event, so your options are to keep the credit for the rescheduled tea, make it a donation, or request a refund.

Please give us a little while longer to iron out the details of how refunds will be managed!

AAUW Whatcom donates to local college emergency funds

At the most recent Executive Board Meeting, we discussed the donation of emergency funds to the four local colleges in this region. For the past year we have been collecting donations to give to the college food pantries. Due to COVID-19 the food pantries are no longer in operation.

However, the colleges have been giving out emergency funds to students in need of assistance for food and housing.

Our local branch will be donating \$100 each to the foundations at Western WA University, Whatcom Community College, Northwest Indian College and Bellingham Technical College.

In next month's newsletter we will provide links to each college foundation office in case you wish to make an individual donation.



News from the front porch

by Gwen Parker, Newsletter editor

It can be hard to stay in touch with everyone during this year of the pandemic. I thought it might be fun if I could persuade some of our AAUW members to write about anything fun, notable, sorrowful or silly that they have experienced this year. I also asked for book recommendations. Here are the wonderful answers I received to share with everyone:

Jean Cox-Treverton:

I was delighted to have my daughter, Juliana, visit for four days in September. She was here from her home in Norway for my grandson's wedding in California (which I did not attend), and took a long weekend for a visit. She missed all the good weather: the days she was here were the smokiest of the month, but we did have a good visit.

Any who enjoy Alexander McCall Smith's series of novels (The No.1 Ladies Detective series; 44 Scotland Street series), the latest 44 Scotland Street volume, *The Peppermint Tea Chronicles*, is a delight and laugh-out-loud funny.

Barb Craig:

My favorite parts of 2020 so far have been kayak camping trips where life feels safe and normal. I am so lucky to head out with women who find beauty, spontaneously recite poetry or belt out old songs. I treasure them. We missed paddling in BC but enjoyed a week camping the length of Ross Lake and a couple overnights at the DNR site on Lummi Island including an annual kelp survey with Eleanor Hines.

Standout reading; *American Dirt* by Jeanine Cummins, *Bear Town* by Fredrik Backman. Also enjoyed *This Tender Land* by William Krueger and have started going through his mystery series. I'm excited to see what others are reading.

The worst part of 2020 was how hard total isolation was on my mom. I believe it hastened the progress of dementia. Other than that we have been so lucky. Blessed to live in a beautiful safe place, have good health (and insurance), secure income and family and friends to speak with from a distance. I wish this for the rest of the world.

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Barb Craig photo



This sign has inspired me for a long time. It had faded so it was hard to see. I gave it a fresh coat and this crusty guy (my husband, John) put it back up. Thank you to the person who created it. It is perfect for 2020, "never never never give up," and "be nice" is at least as good.



Joy is always
Decided by one's
own heart

Setsuko Buckley:

Attached is a woodblock printing with a short poem written by Aida Mitsuo (1924 – 1991), the most distinguished contemporary Japanese poet and calligrapher.

I thought that this poem might relieve our tension in this difficult time.

Maggie Moore:

Well I think the best of my times were two weeks ago, three sisters and one niece went to Crescent Bar for four days. Three of us drove to Winthrop and picked up another sister and went Southeast to this camping, RV-type park with condos and some permanent homes. We rented a condo that had lots of room for all of us. We brought our own food for meals, and each were assigned two meals. We ate so well and drank so well also. We packed 6 months into 4 days. Really fun, and silly and it made us all happy. Now I think of those days and smile and laugh even here at home.

Susan Moen:

I just traveled to Seaside OR with friends who have also isolated. We walked the beautiful beaches, enjoyed the wind in our hair and the mist on our faces and outside dining. And maybe best – no news cycle listened to while we were gone.

I have been reading: *Our Man: Richard Holbrooke and the end of the American Century*, by George Packer. It covers the Vietnam War, the Bosnian War with huge history of Sarajevo and the negotiation at Dayton, OH. It also talks about Afghanistan, Pakistan and the unrest there. Thick, hard reading but so informative. We lived all of this history and so I found it captivating. AND Disturbing!!

A note to the AAUW Branch members.

Even though we aren't able to get together, knowing that you are there for all of us, concerned with the wellness of each member, involved in the news and the happenings around Whatcom County is reassuring to me.

We know that continuing the fight for equality will be even more important when we are able to return to more normal times --to working for more day care for relief for working families, better insurance for the families, stabilizing Medicare and Medicaid. We have to make sure that women do not lose the progress that has been ours over the last 40 years. We have lots of energy to continue this work.

Air hugs for each of you, *Susan Moen*

Esther Golde:

Don't the days just melt away? It would be so easy to just call people we care about -- and then suddenly it's nine o'clock at night! Guess you know what my story will be! (Esther had an accident with her only-one-year-old Honda.) I'm still recovering. Tomorrow we look for new wheels for me. Hesitant to even do a test drive!

Renee Sherrer:

Editor's note: I had thought Renee had permanently closed her *Social Fabric* shop but she says:

We never planned on closing, just on eliminating the boutique. We're still around for teaching and custom work. And of course, Molly has her sewing machine service at our new location. It's in the Bay Street Village at 301 West Holly, Suite M-6.

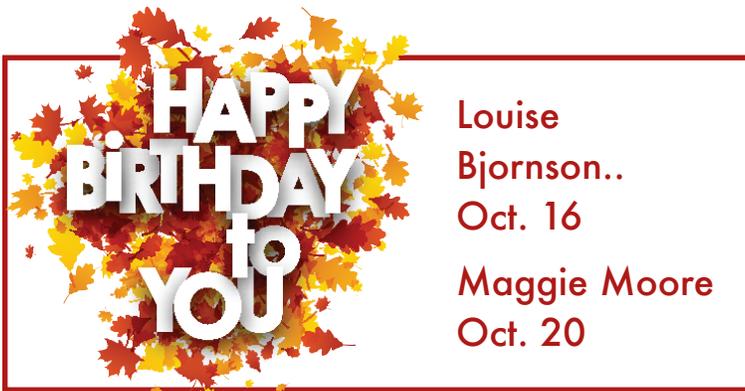
Welcome

Bellingham AAUW offers scholarships and supports numerous programs which help women and girls gain equity in all areas of life.

See our website for details on membership:

www.aauw-wa.org





Louise Bjornson..
Oct. 16
Maggie Moore
Oct. 20

**September meeting recap:
Dr. Rhode speaks on topic
of white privilege**

Psychologist Melody Rhode, PhD, MA, MFT, was the speaker at our September general meeting (via Zoom).

Her topic was white privilege, and we each received an emailed copy of an essay, “The Subtle Linguistics of Polite White Supremacy,” by Yawo Brown, to read before the meeting.

Dr. Rhode, a white woman, explained how being bussed to a predominately Black school began a long series of events that helped her embrace Black culture and understand the reasons behind the Black Lives Matter movement.

The systemic nature of racism was discussed, and the book *White Fragility*, by Robin DiAngelo and Michael Eric Dyson, was recommended for more reading.



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