



MONTEREY PENINSULA MESSENGER

Volume 55 Issue 2

Monterey Peninsula Branch

Nov-Dec 2007

November General Meeting

Speaker: Susan Shillinglaw, Ph. D.

Date: Thursday, November 15, 2007

Time: 6:30 p.m. (meet the author) Guests welcome and encouraged!

7:00 p.m. start of meeting

Place: Canterbury Woods, Pacific Grove

Topic: "John Steinbeck, Voice of a Region, Voice for America"

Dr. Shillinglaw will present an overview of her latest writings on Steinbeck, as well as tie in elements from this summer's National Endowment for the Humanities Institute for high school teachers held in Pacific Grove, California: "John Steinbeck, Voice of a Region, Voice for America." which she co-directed.

A little about Dr. Shillinglaw...

She is a Professor of English at San Jose State University and Scholar-in-Residence at the National Steinbeck Center in Salinas. For eighteen years, Professor Shillinglaw was Director of the Center for Steinbeck Studies at San Jose State University and edited the award-winning journal *Steinbeck Studies* (previously *The Steinbeck Newsletter*), published twice yearly.

She has published widely on Steinbeck, most recently completing an introduction to *The Winter of Our Discontent* for Penguin New American Library (forthcoming 2008) and *A Journey into Steinbeck's California* (2006), a travel guide and biography examining the impact of place on Steinbeck's vision. Currently, she is working on a short biography of Steinbeck as well as a biography of his first wife, Carol Steinbeck.

This past summer (July 8-20, 2007) she co-directed a National Endowment for the Humanities Institute for high school teachers in Pacific Grove, California: "John Steinbeck, Voice of a Region, Voice for America."

For the Steinbeck Centennial in 2002 she co-edited several collections: *America and Americans and Selected Nonfiction* (Viking); *Beyond Boundaries: Rereading Steinbeck* (Univ. of Alabama P); *John Steinbeck: Centennial Reflections by American Writers* (Center for Steinbeck Studies). As part of a successful NEH Steinbeck Centennial Library grant, she and co-director Harold Augenbraum, former Director of the Mercantile Library in NY, wrote a pamphlet for libraries across the country, *How to Organize a Steinbeck Book or Film Discussion Group*. She has also published introductions to *Of Mice and Men*, *Cannery Row*, and *A Russian Journal* for the Penguin New American Library. She has published several articles on Steinbeck in various journals and books and co-edited other volumes: *John Steinbeck: The Contemporary Reviews*. Joseph R. McElrath, Jesse S. Crisler, and Susan Shillinglaw, eds. Cambridge UP, 1996 and *Steinbeck and the Environment*, Susan Beegel, Susan Shillinglaw, Wes Tiffney, eds., Alabama UP, 1997.

Professor Shillinglaw received her B.A. in Art and English from Cornell College in Mt. Vernon, Iowa; and her M.A. and Ph.D. in American literature from the University of North Carolina, Chapel Hill. She has taught at Wake Forest University, Canisius College, The Buffalo Seminary, Santa Clara University, and, since 1984, at San Jose State University. In 2003 she was awarded a distinguished undergraduate degree from her undergraduate college, Cornell.



The American Association of University Women promotes equity for all women and girls, lifelong education, and positive societal change.

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The AAUW Educational Foundation provides funds to advance education, research, and self-development for women and to foster equity and positive societal change.

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The AAUW's Legal Advocacy Fund provides funding and a support system for women seeking judicial redress for sex discrimination.

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In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin or disability.

PRESIDENTIAL MESSAGE

Neighborhood coordinators are needed for Pebble Beach, Pacific Grove, Monterey, Carmel, and the "far flung" area of Salinas, Marina and Seaside.

The neighborhood coordinator would plan a get together, phone people without e-mail, let us know when a member needs a ride, helping hand or a kind word. The board feels this will help us be more connected. We hate to make pleading phone calls as much as you hate getting them. So call me at **622-9289** or e-mail at our new site mpbauw@gmail.com and volunteer. I need to hear from you before I leave to explore London and sail up the Nile on Nov. 8th. This is a great opportunity for a new member to get involved or a seasoned member to make a difference without having to attend a lot of meetings.

A huge thanks to Karen and Sharyn for a very successful new member event, to Ruthann and Sharyn for a brand new directory, and to Brenda and Maryann for the Macy's fundraiser which raised \$120 for local scholarships. Kudos to all of you who donated items and worked on the Garage Sale and especially to Brenda and the rest of the Andersons who toted, sorted, and let us use their home. We made \$550 for the Educational Foundation, but could have done better if we had had more donations. Lastly to Pat and Dan Gotch, thanks for a wonderful afternoon at the theatre.

Come and hear Dr. Susan Shillinglaw in Nov. and enjoy the Holiday Gala. I'll be back in early Dec., but for now I'm off to see the World.

Susan



WELCOME, NEW MEMBERS!

Monterey Peninsula Branch of AAUW proudly welcomes the following new members: **Nicole Reed, Ruth Horn, Cynthia Walters, Wendy Tubman, Mary Ann Erskine, Tina Merritt, Carolynne Juarez, Anne Rurka and Patricia Littleton-Auguston.** Some of these ladies have already jumped in to activities, and some of them have been in other AAUW branches. Please introduce yourselves to them and make them feel welcome!

Holiday Gala

December 1

Rancho Canada

(See enclosed flier)

Board Meeting

November 1

3:00 PM

Monterey Public Library
Solarium

(no December meeting)

INTEREST GROUPS

Afternoon Book Group

Coordinator: Carolyn Bazzani
(bgoodcarolyn@msn.com)

Tuesday, Nov 13, 2007, 2:00 p.m.
The Whistling Season, Ivan Doig
at the home of Carolyn Smith
RSVP: stacaro@aol.com

Tuesday, Dec 11, 2007, 2:00 p.m.
Carry Me Across the Water, Ethan Canin
at the home of Kathleen Stacey
RSVP: yecats123@aol.com

New Book Group

Coordinator: Jeanne Krener
(jeanne.krener@yahoo.com)

This new group meets from 1:30 to 3:00 PM at Jeanne's home, 1326 Miles Avenue, Pacific Grove. New members are welcome. Please contact Jeanne at 648-1414.

November 14: *Three Cups of Tea*, by Greg Mortenson and *Close Range* by Annie Proulx

January 16: *Jane Austen Book Club*, by Karen Joy Fowler

February 20: *Triangle*, by Katharine Weber

March 19: *The Worst Hard Time*, by Timothy Egan

Romancing the Coast

Coordinator: Jan Smyth
(janzeek@hotmail.com)

Nov 16: Explore exhibitions at La Mirada
Lunch at Ambrosia's
Contact: Gisèle Kapuscinski, by Nov 12
(gkapuscinski@miis.edu)

(See article page 6)

Evening Book Group

Coordinator: Kathleen Wall
(wallplus@aol.com)

Nov 15, 2007, 7:00 PM
A Thousand Splendid Suns, by Khaled Hosseini
Leader: Christy Yarr
Hostess: Mez Benton, 372-3469

Dec 20, 2007
Holiday Dinner. Restaurant to be announced.
Book, extra, for fun only if you want to read something in December for an informal discussion: *Surely You're Joking, Mr. Feynman!* by Richard Feynman.

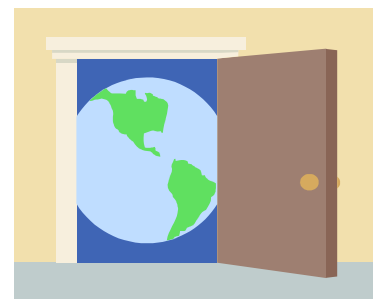
New Interest Group Forming

As an organization dedicated to equality in education for women we propose to follow the FOREIGN POLICY ASSOCIATION'S **GREAT DECISIONS** program developed to help Americans understand the world affairs of today.

In the past our AAUW branch has had a GREAT DECISIONS group. Interest has been shown for us to start a group in January. The cost of the book is approx. \$15.00.

Please contact Kathleen Stacey if you would like to join this group. Also, which afternoon would be preferable, Monday or Thursday??

ph# 649-4602
email: yecats123@aol.com



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Retirement Challenges for Women

The U.S. Government Accountability Office recently released a report on the challenges that women face in ensuring financial security in retirement.

The report reiterates what AAUW has said for years: women have less retirement income than men. This is largely because of fewer years in the workforce due to family responsibilities and lower earnings when women are working.

Women's median Social Security income is 70 percent of men's.

Fewer women have pensions and other major retirement sources, which leads women age 65 and over to have substantially higher poverty rates than men.

Since many women depend on Social Security as their primary source of retirement income, AAUW believes that any Social Security improvements must maintain guaranteed benefits and must consider the inequity of pension benefits and retirement security for women.

AAUW is firmly against privatizing all or part of the current Social Security program, since that would eliminate many of the guaranteed benefits women need. It would jeopardize important benefits to children and especially to women and children of color. Social Security's long-term solvency needs to be strengthened, not weakened through privatization.

The above positions are consistent with AAUW's Mission and Vision statements which focus upon equity for women and girls.

...Mez Benton, Social Policy Chair



Community Events

November

Nov. 8 – 11 Great Wine Escape Weekend, 375-9400



Nov. 11 Big Sur Half Marathon and Run Forrest Run 5K, downtown Monterey, 625-6226

Nov. 17 Miracle on Del Monte Center, spectacular tree lighting, parade and Dance Kids. 751-1678

December

Dec. 7, 6:30-8:30 PM Monterey Christmas Tree Lighting Ceremony, Colton Hall. 646-5648



Dec. 6 & 8, 5-9 PM Christmas in the Adobes, Monterey. 649-7118



Dec. 7, 8, 9 8th Annual Cowboy Poetry and Music Festival, Monterey. 1-800-722-9652

Dec. 16 Brighten the Harbor, Coast Guard Pier to Lover's Point. 372-9686



First Night Monterey, 12/31/07, downtown Monterey. 373-4778



SHINGLES VACCINE – IS IT FOR YOU?

Ahhh! So you had chickenpox when you were a young one, eh? And you thought that was it! But, no doubt, you have heard of Shingles which is caused by the same virus (varicella zoster). This virus remains dormant in nerve roots for years and may become reactivated to make you miserable with pain and a blistering rash, wherever it happens to decide to surface and make itself known.

As we accumulate birthdays our immune systems weaken so that by age 60 the likelihood of shingles has significantly increased. One of every two people 85 and older will have had shingles — scary thought!

If you have talked with a sufferer of Shingles you may know the pain (postherpetic neuralgia) may last months, even years. Ouch!

"The government now recommends routine use of the shingles vaccine ZOSTAVAX in people over age 60; it can prevent shingles in half of those who receive it. It is generally not given to people who have had a prior attack of shingles." [1] In those that still manage to get shingles the vaccine may help reduce the painful neuralgia.

The vaccine, like others, is a prescription drug. Some Physicians' offices may keep it on hand, but more likely you will need to take the prescription to a pharmacy (such as Ordway \$185.95) and, since it is frozen and must stay cold, transport it in a small cooler (with ice) immediately to your doctor's office where the vaccine can then be administered to you. It is wise to check with both the pharmacy and doctor's office to coordinate scheduling.

Zostavax may be covered under your Medicare and/or Medicare Part D plan - good idea to check first. (Doesn't hurt to ask your Medigap insurance as well.)

Exercise is known to help boost one's immune system. A recent study revealed that people ages 59-85 who had received the vaccine and who did three 40-minute tai chi sessions per week had a higher immunity to the varicella virus.

Only people who have had chicken pox can develop shingles. Now that children are vaccinated against chickenpox, shingles may become a disease of the past." [2]

P.S. People "who had received their annual flu shot were less likely to die of any cause than unvaccinated adults, regardless of their age."

"The CDC recommends the [flu] vaccine for anyone over 50." [3]

1. Women's Health Advisor March 2007
(Medical College of Cornell University)
2. The John Hopkins Medical Letter Sept 2007
3. The John Hopkins Medical Letter Nov2007

Phyllis Mosher R.N., B.S.

MEMBERSHIP NEWS

We now have 92 paid members! We have many new members, and I would like to make them all welcome. Our directory is in the process of being collated and should be out toward the end of the month. That way we can all contact one another!

National AAUW is sponsoring a membership contest, running through this and the next year. Any member recruiting a new member will have her name and membership ID # forwarded so that she can become eligible for the gift certificate being given out to the member bringing the largest number of new members during that time. There will also be an award for branch raising their membership by the largest percentage. So let's get out there and do some more recruiting.

And many thanks to our members who attended the new/prospective member event: Rosemary Ullman, Carolyn Smith, Jeanne Krener, Mary Ann Grant, Brenda Anderson, Sharon Hoffman and Susan Murphy.

Many thanks from Karen and myself.

And as to future events, we plan to have community coffees in each of our towns (e.g. Carmel, Monterey, Pacific Grove, etc.) this coming winter. Any of you willing to host the event in your home, please contact me. This is reviving an old tradition in our branch, and we hope these small gatherings will allow you all to get to know one another better and perhaps help you to form carpools, etc. More about this in the next newsletter — but the plan is to hold these during the month of February. Any thoughts or volunteer to help with the coordination will be appreciated.

Sharyn Siebert
Co-VP Membership

Romancing The Coast 07-08 Plans

Romancing the Coast meets about once a month to explore our Central Coast area. Usually lunch at a nearby restaurant precedes or follows the event. Most of our meetings are held the third or fourth Friday of the month; however if there is something we'd like to see or do that can only occur at a different time, we're flexible. The group is open to all AAUW members. If you're interested but can't come to the following events, phone Jan Smyth at 373-0332 or e-mail janzeek@hotmail.com to be placed on the list. Sometimes there are changes that can't wait for the next newsletter. An example of this was our October tour of Monterey Historic Gardens and building followed by lunch at Point Joe's. If you're on the e-mail list you'll get all the current information.

In September the group met at Tuscana Restaurant to plan events for the year. Different members are researching some spring events, but our current schedule for November through January follows:

Friday, November 16, Explore exhibitions at **La Mirada**

We'll meet for lunch at 11:30 at **Ambrosia's** at 565 Abrego Street. This is the new Indian restaurant that has received very good reviews in the Herald.

At 1 p.m. we'll tour La Mirada to view the 3 exhibits currently featured:

- **Woodblock Prints in the Asian Art Gallery,**
- **The Last Dream (photography) in the McCone Gallery,**
- **Skimming the Surface in the Dart Gallery.** This is a site specific installation by Christel Dillbohner, comprising some 500 waxed paint strainers individually suspended from the high ceiling, and surrounded by many of the artist's paintings and relief sculptures. The combination results in a contemplative environment echoing the delicate surfaces, colors and textures of our planet. Members who have visited, say it is well worth the trip.

If you aren't a member of the Monterey Art Museum, there is a \$5 fee.

Contact Gisèle Kapuscinski: gkapuscinski@miis.edu by Monday, November 12.



No meeting in December.

Friday, January 25, **Clementine's Kitchen**, Stone Creek Shopping Center, Highway 68 and Canyon Del Rey intersection.

We will be joining **Dorothy Mc Nett for a Valentine's Day lunch and learn cooking demonstration.**

Exact menu and cost will be included in the Jan/Feb newsletter.

Always a fun time for Romancers at Clementine's Kitchen. It is a time to get your food inspiration!



From Scrapbooks to Archives

By Judy Cunningham

When Nancy Iversen asked for help sorting through the AAUW material that she had watched over for many years as branch historian, I along with other board members volunteered time. The plan was to dispose of redundant or non-essential information, organize it by year, and find key issues and projects of the branch over time. After this was done the stacks of scrapbooks and files would be donated to the Historical Archives at the Monterey Library under the supervision of Dennis Copeland, Historian. Susan Murphy and Nancy Iversen had both approached Mr. Copeland about the possibility of accepting this material. Our branch board had decided that this information should be made available to researchers, women's studies classes, and housed in a safe place.

During the summer months Nancy and I along with the help of Cathy Rossing sifted through mounds of paper in all forms. The scrapbooks gave a big picture of what was happening in our branch over the last 50 years. Finding historian reports and old newsletters filled in the specifics. By creating a timeline with the major activities of the years, we discovered how our branch evolved into a very powerful influence on the Monterey Peninsula and California with membership numbers over 250 for many years and committees in excess of 40 people.

What emerged from our work was a picture of a vibrant group of women who during the 1960s and 1970s spent a great deal of time working on community projects (development of the Marine Sanctuary, Restoration of the Adobes, Childcare, and Prisoner Rehabilitation, to name a few), national and state issues (education, environment, ecology, status of women, and operation update), and global issues (foreign policy, global environment, as well as ethnic studies and student exchanges). Many scrapbooks contained whole or half page articles in the Monterey Herald about AAUW activities and accomplishments.

All these projects were undertaken in addition to leisure activities – involving book club, play reading, dollars for scholars and gourmet dinner groups.

As the years went on (late 70s and early 80s) there was a large emphasis on retraining women and helping them to find a second career. As more and more women took on work outside the home it appears that large projects and study groups of our branch focused more around local scholarships, support of the Educational Foundation, and the Legal Advocacy Fund.

What started this summer as an effort to make the historian's job more do-able by finding a home for 50 years of recorded memories, turned out to be a revelation of the power of women in our branch of AAUW and their accomplishments. We are happy that this information is now available to those studying the women's movement and hope that it inspires young women to reach their potential. For ourselves it made us proud to be associated with such an illustrious group and gave us a new appreciation for how far we have come.



"Hats Off" to all of you who purchased "Macy's Community Shopping Day" tickets! Hope you all found great bargains! We made \$120 to donate to local scholarships! Thanks to Susan Murphy and Mary Ann Grant for working at Macy's the day of the sale, to fulfill our organization's obligations. It was a fun and easy way to earn a little extra money!

Beautiful weather, coupled with some dedicated workers, helped to make this year's garage sale a success. Many thanks to those of you who contributed donations — they earned us \$550, which will go to EF. A special thanks to Don Zeek (Jan Smyth's husband), Ruthann Donahue, Mary Ann Grant, Cathy Rossing, Pat Little-Auguston, and Carolyn Bazzani, who helped price, set up, and run the sale — couldn't have done it without all of your help!

Thanks!
Brenda

YOUR AD HERE

Business card \$25

1/4 page \$50

Your ad will appear in the next 5 issues of the Messenger.

Contact Ann Donaldson, Editor
anndonaldson@redshift.com

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