

November, 2006

The Net

A Newsletter of the Women's Network of the Upper Valley

President's Letter



Mission:

"A forum for women in all their roles, both personal and professional, to voice their viewpoints and interests."

Please Take Note:

- Evening event on THURSDAY, Nov 16th in Room 212 at the RICHARD BLACK CENTER (Please note that the date and location have changed from that announced in the October newsletter.)
- Time to Renew Your Membership (Form Included)

Upcoming Networking Question for Thursday, Nov 16th:

Do you feel you are "connected with your inner core"? If so, how and when did this happen? If not, what do you think prevents you from doing so?

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The Net

P.O. Box 183
Hanover, NH 03755-0183

Dear Friends,

As anticipated, our October events were both terrific. In spite of rain, twenty-five enjoyed an evening of networking at Sheila Buckley's, and even more, many of whom were new to the WNUV, showed up for our first luncheon at the Tip Top where Faith Beasley spoke on the salon movement in France.

According to Faith, the 17th c. was the classical period in France, the time of Louis the XIVth and Versailles. During this time, women drove the salon movement, providing a venue for both men and women to critique one another's writing, share political views, and question social institutions. Madeleine de Scudery was the premier female novelist and Marie-Madeleine Pioche de la Vergne, comtesse de Lafayette wrote the first historical novel. (Faith urged us to read, if nothing else, Mdm Lafayette's very brief *Princess of Cleves*. She warns we will detest the ending!)

In contrast, men dominated the salons of the 18th c. and "invited" women to participate in order to "get the men talking". Why the big change? Evidently, the French Revolution had a lot to do with it. Napoleonic code relegated women to the home, and male satirists of the day endorsed such restricted roles. In addition, during the 19th c. and their official efforts to define "what it means to be French", the French Academy looked towards the classical period of the 17th c. for guidance. Interestingly, they chose to ignore the female novelists of this time. Even now, many French intellectuals dismiss the importance of these women. Their resurrection actually began in the United States. Fortunately, courageous scholars such as Faith have kept them alive!

On another note, I want to share a conversation I recently had with a friend over \$2 margaritas at Molly's. This friend is in the final throes of a doctoral dissertation, sick and tired of her topic and being a student. In three words, she "has had it". Been there?

My response to her malaise was to tout the WNUV. "You should join the Women's Network." I urged. "It's interesting... nurturing... fun. Being involved will give you energy... help you get your work done. Trust me... it really will!"

With an odd expression and a light infectious laugh, my friend leaned forward and asked more seriously than not, "but ... isn't the network just for, well, you know, totally competent women?"

I was stunned by her question, her sense that in some way she would not measure up. For one thing, this friend is very competent indeed. I then thought about the membership and the notion we were all "totally competent". In a nano-second I found proper evidence to the contrary. "No, we're not all totally competent. Look at me, I'm President and I'm not even employed!!!!"

For the last month, I have been pondering our conversation. It never occurred to me that someone such as my friend might think the WNUV was not a place for her. Granted, our lineup of speakers consists of one stellar woman after another, but I'm sure with a little prodding, each would admit to insecurities, frailties, and a few failures along the way. Granted, each member of the WNUV IS competent in some way, and I suppose this is one reason we enjoy one another. But that's definitely not what I love about the Network. What I love is the willingness of so many to share their vulnerabilities as they venture forth on their uncharted life's journey, i.e., where they do not feel competent at all. Is there anyone out there who cannot identify with that?

Along these lines, I am particularly excited about our next evening program on THURSDAY, Nov 16th in Room 212 at the RICHARD BLACK CENTER. Our speaker will be Margarita Crocker, a friend of member Teil Silverstein and from Washington DC. Margarita is a Phi Beta Kappa graduate of Harvard College and was a doctoral student in nuclear engineering at MIT when she chose to pursue a career in energy healing and astrology instead. Her primary interest is in facilitating her clients' deepening connection with their inner core. How could you even THINK of missing this? I, for one, will be there!

Warm regards,

Judi Colla

P.S. Thought you'd like to know that my friend, the one with whom I had \$2 margaritas, has joined the WNUV! Trust me, you'll love her!

Events

Fall Reception

Unfortunately, we do not have photos from the fall reception (Our camera malfunctioned!). However, we do have some follow up to our networking. In response to an enthusiastic plug for tankless hot water heaters (OK, so we exchange lots of practical information, too!), Barbara Jones wanted to make sure everyone saw the following article from the VN:

"A Tankless Job: Changing a Hot Water Heater."

Question: Our hot water heater is insufficient for my family's needs. We are considering a tankless water heater. Would this work?

Answer: You have two choices to increase your hot water supply: Invest in a larger water heater similar to the type you already have or try a tankless water heater. Several things to understand about the tankless units, which have come a long way since their inception:

- Purchase the gas-fired type. The electric ones are slow to heat up and very expensive to operate.
- The unit will use a great deal more fuel when operating than a conventional water heater. But because it runs only when hot water is needed and does not have a constant pilot light, you end up using less energy.
- However, to convert to tankless, you will probably have to increase the size of the gas line from your gas meter to the unit and this could be quite expensive. "

Source is Morris and James Carey, AP Weekly Features for a column called Home Q&A.

Fall Luncheon - "The Salon Movement of 17th c. France"



Top from L to R: Chrysanthi Bien, Gloria Finkelstein, Barbara Doyle, Esther Colby, Kathleen Sullivan-Bailey, Evelyn Spiegel, Barbara Jones, June Morgan **Bottom from L to R:** Rosemary Brown, Bernice Cohen, Sylvia Fields **Right:** Faith Beasley

Up-Coming Special Event

Friday, November 17th, 5:00 pm, 13 East Wheelock Street, Hanover

A reading, book-signing, and discussion with SONALI KOLHATKAR and JAMES INGALLS, co-authors of:

"Bleeding Afghanistan: Washington, Warlords, and the Propaganda of Silence"

(Note: Kohatkar also runs the Afghan Women's mission, which raises money for the Revolutionary Association of the Women of Afghanistan.)

Membership

Dreams as a Healing Process

We all dream every night, whether or not we remember our dreams the next morning. Why is important to remember our dreams? As experienced dream worker Jeremy Taylor tells us “all dreams come in the service of health and wholeness.” That is, our dreams are the wisdom our unconscious mind possesses. The unconscious uses our dreams to communicate that wisdom to our waking mind and help us through life. As humans we are probably all wiser than we realize. The pressures of everyday modern life make us perhaps, less aware than our ancestors were of the power that is contained in our dreams.

Dreams tend to be forgotten quickly upon awakening. We wake to the sound of an alarm clock, before we would wake naturally. Jobs demand that we jump out of bed, prepare for a day of work away from home, hit the road and perhaps weather a storm of traffic delays or bad weather to get to the office. Who has time for dream recall! Yet the messages our dreams contain offer us wisdom that we have often lost the ability to access because of competing daily demands. Our dreams are our guides along life’s path. To access their messages we need to learn how to recall our dreams and how to find the message they contain.

Dream work specialists can teach us how to reconnect with our ability to remember our dreams and understand the messages they are trying to convey from our unconscious wisdom to our waking mind. Current researchers are discovering new techniques that help dreamers access dream wisdom. Among these are a number of creative techniques that directly access the “right brain” creative processes as well as analytical techniques that help dreamers to better understand the metaphorical language of their dreams. Dream group work is rapidly becoming an important tool in learning how to access dream meaning and dream group workers are the guides in that process.

For example, a dreamer reported a detailed series of dreams that included stories with themes about moving furniture away from an office and facing people who argued that the furniture belonged to them and who blocked the dreamer’s path. Another dream around the same time included a cat that was being choked by a string around its neck. This series of dreams came at a time when the dreamer was weighing whether or not to leave a job that she felt was stifling her creativity and sapping her emotional and physical strength. The wisdom in her

dream was saying “yes, this job is choking you, it is going to continue to choke you if you don’t detach from it. Even though people and circumstances are putting obstacles in your way, to stay means being choked.” The dream gave the message in “health and wholeness” that the dreamer needed to detach from an unhealthy work situation. The waking decision about what action to take still remained with the dreamer. In the end she listened to her dream’s message after several months of wrestling with the decision.

A dream group offers dreamers a safe haven to explore their dreams and receive feedback about the meaning the dream might be trying to convey. Dream group participants come together on a regular basis to share their dreams with the group, if they choose, and to give and receive feedback from other group members. Dream group members share a commitment to learning from their dream messages and using those messages to manage life’s problems and to tap into creative processes that can improve their lives.

To learn more, contact WNUV member Diana Greywolf at the Vermont Center for Human Growth and Development vtchgd@yahoo.com or (802) 333-9793. Diana is a dream worker and psychotherapist who specializes in using the wisdom in dreams to help people cope with life challenges. She conducts individual dream work sessions as well as ongoing dream groups and workshops about using dreams to guide our life paths. Diana also conducts telephone consultations.

To connect:

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November Dilemma

*Such a sunny November
is it only a pessimist
who would view such a pleasant aberration
as a sign of hard times to come?*

*Blue skies in November...
it’s unheard of
in these parts.*

*The summits of distant mountains
are so clear
it’s like putting on new glasses
for the first time*

*But a realist recalls that
winters that begin late can drag on and on
through the days we would like to think of
as spring.*

*Surely it would be wiser to live in the present
to revel in the oddity
of November sunshine*

*On the other hand
won’t the realist be better prepared
to cope with a bitter gray spring
having known that a sunny November
could augur no good?*

Naomi Hartov



Welcome to the CORE!

It is a great pleasure to welcome good friend, Kathy Sherrieb (above), to the Core Committee. Kathy will help in the very critical area of hospitality (i.e., refreshments)!

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Evening Program

*Unless otherwise noted, Howe Library in Hanover
Second Tuesday of the Month, 6:15 to 8:30 pm*

October 17

Fall Reception

THURSDAY, November 16, 6:15 pm

Room 212, RICHARD BLACK CENTER

“A Journey of Transformation:

From Physics to Energy Healing”

Margarita Crocker

December 12

“Gemology”

Antoinette Matlins

January 9

“Mapping the Human Genome”

Jennifer Loros, Professor of Biochemistry and Genetics

February 13

“Windsor Women’s Prison”

Betsy Morse

March 13

“Women’s Spirituality and Meditation Disciplines”

Carla Bailey, Senior Pastor, United Church of Christ

April 10 (TBD)

May (TBD)

Spring Dinner

June 13

Potluck/Brainstorming for Next Year’s Program

Luncheons - “Remarkable Women”

*(In collaboration with the Program on Gender and
Women Studies at Dartmouth)*

Tip Top Café in White River Junction

Selected Mondays, 12:00 to 2:00 pm

Advanced Reservations Required (\$20)

October 30

“Salon Movement in 17th c. France:

Madeleine de Scudery and Marie-Madeleine Pioche de
la Vergne, comtesse de Lafayette”

Faith Beasley, Assoc. Professor of French/Italian

January 22

“Female Leadership in Afghanistan”

Jennifer Fluri, Assistant Professor of Geography

April (TBD)

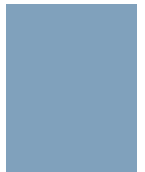
“Eva Peron: A Remarkable Woman”

Maryssa Navarro, Professor of History

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Membership Form

Women's Network of the Upper Valley

October 2006- September 2007

Name _____

Address _____

Telephone Work _____

Home _____

E-Mail _____

Occupation _____

Interests _____

Comments/Questions _____

Please mail this form and your membership dues of \$25 to:

Membership Chair

Mary Ann O'Connor

WNUV

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