

January, 2007

# The Net

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

## President's Letter

Dear Friends,

Happy New Year! I hope you all had splendid holidays. For the third year in a row, my extended family gathered at my parents' home in South Freeport, Me. With the exception of travel snafus for those heading home to Miami, we all had a wonderful time. For that, we are all very, very grateful.

Given the recent release of "Blood Diamonds," it was particularly timely to have Antoinette Matlins, P.G., internationally respected gem and jewelry expert, speak at our December meeting. Fortunately, we booked Antoinette several months ago because at the last minute she received a conflicting offer from CNN! Also fortunate is that Antoinette believes in keeping her commitments and CNN was able to be flexible. In any case, everything conspired to provide us all with a most fascinating evening.

According to Antoinette, there are three types of gems -- "natural" that occur in nature, "synthetic" that are created in a lab using nature's recipe, and "imitation" that are also created in a lab but not using nature's recipe. The most rare and valuable gem is the natural pearl. For diamonds, rarity is a function of color, clarity, carat, and cut; for colored gems, it is a function of color, color, color, and color.

The price of a gem SHOULD be based on its rarity and demand, but there are all sorts of ways for vendors to be deceptive. For example, most rubies and sapphires now are heated over time to improve their color and clarity. Also, it is now possible to fill cracks in a diamond with clear glass. This filler is not permanent and melts under heat revealing long after it has been purchased a "fracture filled diamond." There is nothing intrinsically wrong with these practices as long as they are revealed and reflected by lower prices. Such is not always the case, however, as illustrated by Antoinette's incredible stories of even very reputable jewelers and auction houses.

So..what are we naïve consumers to do? Here are a few of Antoinette's many hot tips:

- Ask your vendor to put in writing on your bill of sale what you have purchased. If they have fraudulently represented it in writing, they MUST give you your money back.
- No matter how much you trust your vendor, VERIFY information on the bill of sale with an

appraiser who holds a respected credential. There are about 50 Master Gemnology Appraisers (MGA's) and many more Certified Gemnology Appraisers (CGA's) in the United States.

- For gems  $\frac{3}{4}$  of a carat or more, always get documentation from the Gemological Institute of America (GIA).

In spite of all her caveats, Antoinette claims that, historically, the best time to buy gems is NOW. With regard to "conflict" or "blood" diamonds, she mentioned the Kimberley Process Certification Scheme designed to certify the origin of diamonds from sources that are free of conflict. The process was established in 2002 by the gem industry itself to prevent rebel groups and their rivals from financing their war aims from diamond sales. The certification scheme aims at preventing these diamonds from entering the mainstream rough diamond market and thereby assuring consumers that they are not financing war and human rights abuses. Antoinette noted that diamonds from Sierra Leone represent only .2 of 1% and from Angola and the Congo only 3% of the diamond trade and emphasized the invaluable source of capital that the gem industry provides many countries.

Switching topics, I need to say a word about membership. For those of you without e-mail who wish to continue receiving the "Net" via the U.S. mail, please make sure, if you have not already done so, to send in your membership dues by the end of this month. For those of you on e-mail, we know you receive all sorts of material you would just as soon not. To lessen the e-mail burden on those we assume to be uninterested, we will be restricting our e-mail list this month to those who have either been speakers or paid members at some point during the last two years. We appreciate your understanding and look forward to hearing from many of you soon.

Our meeting on January 9<sup>th</sup> features Jennifer Loros, Professor of Biochemistry and Genetics at Dartmouth Medical School, who will speak on "Mapping the Human Genome." This should be very interesting. We look forward to seeing you who perhaps prefer hard science over hard rocks.

Best wishes for a happy new year,

Judi Colla

### Mission:

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

### Please Take Note:

- Evening event on Tuesday, January 9<sup>th</sup>
- Luncheon on Monday, January 22<sup>nd</sup> (Reservation form included)
- We need to hear from you (Membership form included)

### Upcoming Networking Questions:

Tuesday, January 9<sup>th</sup>:

"How, if at all, has human genomics impacted you or anyone you know?"

Monday, January 22<sup>nd</sup>: "In your opinion what are the traits necessary for being a leader?"

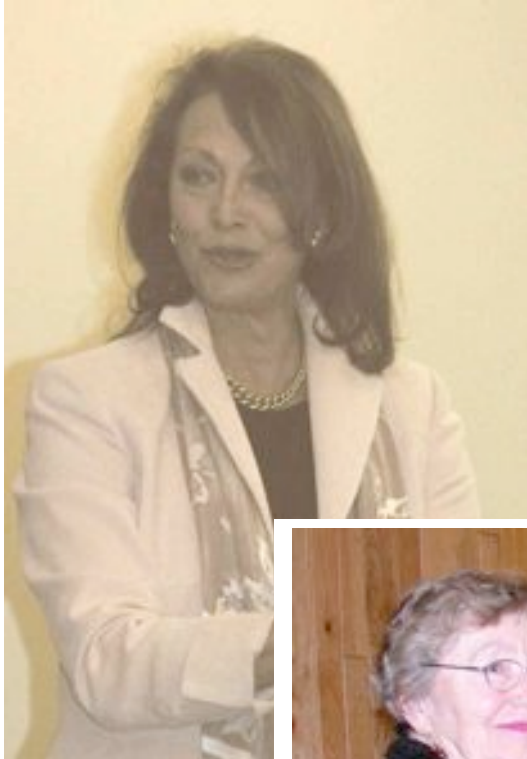
### Inside:

President's Letter	1
Events	2
Membership	3
Program 2006-7	4

The Net

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

Evening Meeting with Gemologist, Antoinette Matlins



*Above Left:* Antoinette Matlins *Above Right:* Queen Mary (Kukowski)  
*Center from Left to Right:* Sylvia Field, Cindy Bittinger, Carol Weingeist  
*Below from Left to Right:* Esther Colby, Inge Brown, Queen Mary (Kukowski), Hilde Sokol, and Marty Rowell

# Membership

# Two Great Ideas for the New Year

## CURBING GLOBAL WARMING

WNUV member Audrey McCollum provided the following tips (based on advice from the Sierra Club at [www.sierraclub.org/globalwarming/tenthings/](http://www.sierraclub.org/globalwarming/tenthings/)) in an article for the Spectator on 12.28.06. Member Carol Weingist, very active in the "Cool Cities" movement, brought this article to my attention.

Things YOU can do to help curb global warming:

### IN YOUR HOME

- Support clean, renewable energy such as wind and solar power. Call your local utility company and sign up for renewable energy. If they don't offer it, ask them why they don't.
- Replace incandescent bulbs with compact fluorescent lights (CFLs). CFLs cost more to buy (the price is coming down with demand) but they use a quarter of the electricity and last ten times as long.
- Conserve other energy at home and lower your energy bills:
  - Start with caulking and weather-stripping your doors and windows.
  - Consider lowering your thermostat in winter and wearing a sweater when you feel chilly. Raise it in the summer and use a fan rather than an air-conditioner to stay cool.
  - Ask your utility company to do a free energy audit of your home to show you how to save energy and money.
- Become a smart water consumer:
  - Install low-flow showerheads and faucets and you'll use half the water without decreasing performance.
  - Turn your hot water heater down to 120 degrees and see hot water costs go down by as much as 50 percent.
- Use energy-efficient electronics and appliances:
- When you replace an old refrigerator, washing machine or air conditioner, look for the Energy Star label on new appliances or visit their website at [www.energystar.gov](http://www.energystar.gov) to find the most energy-efficient products.
- Use your lights and appliances sparingly:
  - Many clothes are best washed in cold water; few need hot water, which may cause damage.
  - In milder months, why not hang the laundry on an outdoor line? The bending and lifting will help keep you as well as your budget trim.
  - Dry items in your dishwasher without heat.
  - Your computer likes to take a nap (sleep mode) if you'll be away from it for more than a few minutes.
  - Turn off lights when you leave the room more than momentarily.

## T'AI CHI – FINDING PEACE WITHIN

Last fall, with gentle urging from Judy Music (acupuncturist, WNUV member, and good friend), I enrolled in a t'ai chi class at Long Wind Farm in E. Thetford. It was described as follows:

*"T'ai chi is a martial art, an energizing exercise, and a calming meditation. It can be done by people of all ages. It is rooted in the concept of balance and transformation as expressed in the familiar Yin/Yang symbol. T'ai chi reduces stress and enhances mental and physical strength and well being."*

I can attest to the fact that Long Wind T'ai Chi is all of the above and more. I totally love it. It is under the direction of Claudia Henrion who has studied t'ai chi for 15 years and is a masterful teacher. I find fellow participants incredibly kind, open and interesting. At this point in the year beginners are best advised to take it with Claudia through the FLIP program by contacting Hugh Mellert at 603.646.3903. Classes start on Monday, January 8<sup>th</sup>. Hurry!  
JColla



### ON THE ROAD

- □ Drive Smart:
  - A well-tuned car with properly inflated tires burns less gasoline.
  - If you have two cars, drive the one with better gas mileage whenever possible.
  - Seriously consider a hybrid car when it's time for a new one.
  - When you stop at a bank, convenience or fast-food store, or a school, remember not to idle your car.
  - Try to car-pool for regular trips.
  - Use public transit, walk, or bicycle whenever you can.

### AT THE STORE

- Buy local produce whenever possible. That saves on long-distance haulage and supports local agriculture. Too, you can feel confident about what you are buying (no e-coli bacteria from unknown sources).
- Carry your own cloth or net shopping bags, and reuse plastic (such as bread wrappers) when you choose your produce (plastic is made from petroleum).
- The production of new glass, paper or plastic products from recycled materials saves 70-90 percent of the energy and pollution that would result if the product came from virgin materials. So select products from recycled sources when you can.

# Program 2006 - 7

## Evening Program

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

**October 17**

Fall Reception

**November 16**

“A Journey of Transformation:  
From Physics to Energy Healing”  
Margarita Crocker

**December 12**

“Gems: Mystique and Mistakes”  
Antoinette Matlins

**Tuesday, 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**

“Northern Stage”  
Brooke Ciardelli and Catherine Doherty

**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*

**October 30**

“Salon Movement in 17<sup>th</sup> c. France:  
Madeleine de Scudery and Marie-Madeleine Pioche de  
la Vergne, comtesse de Lafayette”  
Faith Beasley, Assoc. Professor of French/Italian

**Monday, January 22**

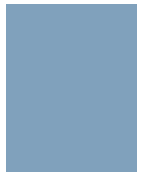
“Female Leadership in Afghanistan”  
Jennifer Fluri, Assistant Professor of Geography

**April (TBD)**

“Eva Peron: A Remarkable Woman”  
Maryssa Navarro, Professor of History

*The Net*

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





# *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*

*P.O. Box 183*

*Hanover, NH 03755-0183*

*Questions? 603.643.8280 or [mary.ann.oconnor@dartmouth.edu](mailto:mary.ann.oconnor@dartmouth.edu)*



## *Reservation Form*

**Women's Network of the Upper Valley  
"Remarkable Women" Winter Luncheon**

*"Female Leadership in Afghanistan"*  
*Jennifer Fluri, Assistant Professor of Geography*

Tip Top Café, White River Junction  
Monday, January 22<sup>nd</sup>, 2006  
12:00 noon to 2:00 p.m.

**Name** \_\_\_\_\_

**Telephone**      **Work** \_\_\_\_\_

**Home** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

### **Menu Preference**

\_\_\_\_\_ Seared salmon with orange infused honey glaze, mashed potatoes and greens

\_\_\_\_\_ Grilled chicken with mango chutney, mashed potatoes and greens

Please mail this form and check made out to WNUV  
in amount of \$20 (Member) or \$25 (Non-Member)  
by Monday, January 15<sup>th</sup> to:

*Special Events*  
**Deborah Aliber**  
37 School Street  
Hanover, NH 03755

Questions: 603.643.0107 or [debaliber@yahoo.com](mailto:debaliber@yahoo.com)

*(Unfortunately, we cannot refund money for any cancellations received  
after Friday, January 19<sup>th</sup>. Thank you for your understanding.)*