

March, 2007

The Net

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

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, March 13th

Upcoming Networking Questions:

Tuesday, March 13th : What have you found most helpful, if anything, in nurturing your spirituality?

Inside:

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

The Net

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

President's Letter

Dear Friends,

Our evening meeting on February 13th featured Betsy Morse, Dartmouth '77, who talked about the Vermont Women's Prison in Windsor and her experience there over the past four years as a nurse practitioner. Her remarks were most compelling.

The Vermont Women's Prison is located in what is known as the "Prison Farm" -- built in 1904 and until 2003 housed low security male inmates. Currently, it houses 110 women. According to a 1998 survey, the average age of these women is 30; 70% have a high school education; 43% are married; over 70% have children; over 80% have experienced physical or sexual abuse; and 95% are incarcerated because of crimes related to substance abuse. The percentage of those who return again after being discharged, many of whom are addicts, is very high -- over 50%.

Betsy read the mission statement for the prison, which she likes, and commented how it is one of the best in the country and that its staff works well together. She ran down a list of programs available to residents. Those without diplomas are required to participate in a high school diploma program and residents do all of their own cooking. Other available programs include mental health counseling, 12 step programs, parenting classes, work programs (inmates make all of the Vermont road signs), programs on domestic violence, Rocking Horse, Girl Scouts behind Bars, and Vermont Works for Women, which provides women with training in the trades so that they have skills when they get out. Also, last year, in conjunction with Dartmouth students, women wrote and performed a play. While there are available programs, many residents are depressed and choose not to participate.

Betsy has been at the Prison since 2003, the longest of any staff member. Because many of the residents have been abused, either sexually or physically or have been in car accidents, they suffer from chronic pain. Outside of the prison system, many self treated with narcotics but, of course, do not have that option within the prison system. Betsy herself cannot give them anything stronger than ibuprophine. In addition, because of boundary issues, residents are prohibited from massaging one another. While Betsy has never

felt threatened, she does have to deal with angry patients who are in pain and desperate for relief.

If Betsy could wave a magic wand to make changes within the prison, she would improve the diet -- smaller portions and better quality. In society at large, she would prevent addiction, raise the minimum wage, and create job training opportunities. Betsy noted that, in spite of the relative strengths of the Vermont Women's Prison, there were many deficits and opportunities for volunteering. There is, for example, a dire need for exercise groups such as aerobics, dance, yoga and, yes, tai chi.

With all of the resources and privilege in the Upper Valley, it seems, well, criminal not to try to make a difference of some sort, even if it's small. If you have ideas, resources, or energy to do so, please be in touch with one of us on the CORE.

Looking ahead, I am delighted to announce that the speaker for our Spring Dinner on Tuesday, May 15th will be Carol Bellamy, President and CEO of World Learning and President of the School for International Training in Brattleboro. A private, non-profit international organization, World Learning promotes international and intercultural understanding, democracy, social justice, and economic development, through education, training, and field projects in 77 countries on six continents around the globe.

By any definition, Ms Bellamy has an impressive background. She served for five years in the New York State Senate, was the first woman President of the New York City Council, and served as a trustee for the New York City Pension System, a member of the New York Metropolitan Transit Authority, and First Vice President of the National League of Cities. She has been a Wall Street lawyer and banker, Director of the Peace Corps, and Executive Director of the United Nations Children Fund (UNICEF).

You will not want to miss this distinguished speaker or the good company so please mark your calendar for May 15th!

Warm regards,

Judi Colla

“Vermont’s Women’s Prison” with Betsy Morse



Top: Sheila Buckley, Inge Brown, Barbara Clapp, Dawn Harland
Right: Betsy Morse
Bottom: Diana Greywolf, Molly Scheu, Dodie Hill, Martha Hennessey, Mary Kukowski
Left: Margaret Moore, Mary Morse



Membership

Nita Choukas is a WNUV member and long time, very dear friend. Please check out her delightful new book and share it with the children you love! JColla

Bayberry & Beau

By Nita Choukas

Illustrated by Gillian Tyler

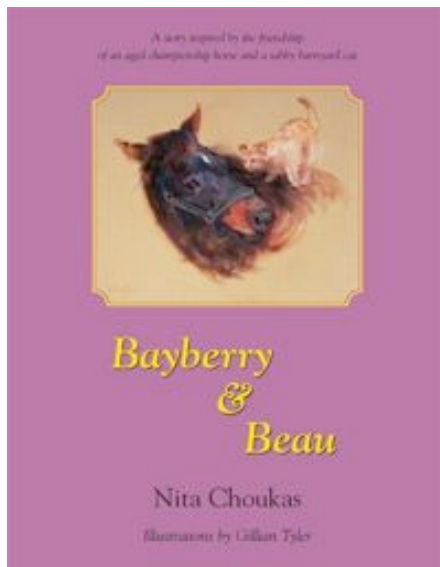
Bayberry & Beau is an original tale inspired by a real horse and cat who became mysteriously attached to one another.

Beau is very unhappy in his new life as a barn cat. He longs to be Miki's pet again, playing with him all day and sleeping on the bottom of his bed every night.

Sadly, when Miki became allergic to him, Beau was sent to live on Cloudland Farm with Miki's Uncle Jake and Aunt Ruby.

Soon, Beau is in big trouble with bossy Aunt Ruby. Born to be a pet, not a hunter, he sleeps and dreams in the barn's loft instead of catching mice.

Beau feels very sorry for himself until the day Bayberry comes to live on Cloudland Farm. The old bay quarterhorse doesn't want to be there either. Her mournful whinnying when



her owners leave her alone in her stall awakens Beau.

Peering down on the drooping horse, Beau remembers the way he felt the day Miki and his mom left him alone in the stable.

Beau runs from the loft, hops on Bayberry's stall door, and introduces himself.

This is their story.

Nita Choukas's childhood years in rural Maine during the great depression kindled her lifelong interest in dramatic literature. As a mother of three, grandmother of ten, she honed her storytelling over the years, and has studied literature all her life. An actress and director of school and community theater, she has written book for two children's musicals, *Lolly On His Own* and *An Elemental Tale*. This is her first children's book.



Nita Choukas

Gillian Tyler began her distinguished career in the visual arts at Smith College. She was a Max Beckman Scholar at the Museum School at the Brooklyn Museum, a Fullbright Fellow in graphics at Kunst Akademie in Hamburg, Germany, and an exhibiting nominee at the National Institute of Arts and Letters. Her studies in oil and watercolors in recent years have led to exhibits in galleries all over New England and beyond.

Core Committee 2006-7

President

Judi Colla

jcolla@collaassociates.com

603.643.9274

Vice-President/Program

Judy Music

judymusic@verizon.net

802.649.2535

Secretary/Publicity

Sheila Buckley

sbucklevr@yahoo.com

603.643.5359

Treasure/Photographer

Inge Brown

inge.brown@dartmouth.edu

802.296.5777

Hospitality

Esther Colby

Escolby@verizon.net

603.643.2483

Hospitality

Kathy Sherrieb

kathleen.sherrieb@dartmouth.edu

603.795.2831

Hospitality

Alyssa Smith

alyssas@gmail.com

603.448.1759

Special Events

Debbie Aliber

debaliber@yahoo.com

603.643.0107

Biographer

Estelle Diamond

estelle.diamond@valley.net

603.643.2710

Raffle

Judy Rocchio

judith.rocchio@valley.net

603.643.6902

Membership

Mary Ann O'Connor

MaryAnn.OConnor@dartmouth.edu

603.643.8280

Nominations

Carol Weingeist

cpereraw@verizon.net

603.643.6850

Website

Diana Greywolf

myrrhia@sover.net

802.333.9793

Past President

Mary Kukowski

mary.kukowski@valley.net

603.643.8994

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: From Casting Call to Curtain Call”
Brooke Ciardelli and Catherine Doherty

May 15

Spring Dinner – Hanover Inn
Carol Bellamy

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 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 16

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

The Net

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

