

October 30, 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, November 13th at the RW Black Recreation and Senior Center, at 7 p.m.
- Time to Renew Your Membership
- Submission Deadline for Next Newsletter: November 25

Upcoming Networking Question for Tuesday, November 13:

"What qualities of a built environment (such as a home or office) contribute to your own sense of health and wellbeing?"

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

President's Letter

Dear Friends,

Many years ago I attended a women's workshop on herbal medicine in which the attendees were asked to form a human spiral, with the youngest woman in the center and the oldest at the end. We were then asked to imagine all the future (unborn) women herbalists concentrated in the center, and all the women healers who have lived before us extending the curve of the spiral out to the beginning of human existence. That exercise left us all feeling deeply connected to each other and to a tradition that transcends space and time. Later, after reading Jean Baker Miller's *Toward a New Psychology of Women* (which argues that relationship to others forms the bedrock of women's mental health), I understood why that spiral was such an empowering experience.

The Fall Reception this year reminded me of that experience. We followed the timeless ritual of sharing a meal and then our thoughts while sitting in a circle, another symbol of connection. We had a wonderful mix of long-time members along with new and prospective members, which tells me that the Women's Network remains a vital part of the lives of Upper Valley women. Several women spoke about the founding spirit of the WNUV, Elaine Babcock, whose example still inspires those who knew her and those who wish they had known her. Newcomers to the Upper Valley value the WNUV as a means of finding friends, but there were many variations on the theme of community building. As always, I was awestruck by the depth and breadth of experiences, strengths and hearts of our members.

The Core Committee provided the plentiful and delicious meal. Thank you! We owe a special thanks to Sheila Buckley for so graciously opening up her lovely home to us again. Bravo!

I am delighted to report that the first "Remarkable Women" luncheon this year was a real crowd pleaser. Sienna Craig, Asst. Professor of Anthropology, shared her experiences in the Tibetan and Nepal Himalaya.

She spoke movingly about the plight of Tibetan doctors, whose traditions are being challenged on many fronts. In addition to their political problems, Tibetan doctors face growing pressures from modern biomedicine dominance, which undermines their traditional ways of using their own senses/bodies to diagnose illness and which discourages the next generation of doctors from learning their traditional medicine. Equally alarming is the increasing use of Tibetan herbs as pharmaceutical products—this drives up the cost of medicines to those who can ill afford to buy the processed herbs or to compete with foreign markets for their own healing plants.

Sienna also spoke about her work with OneHEART, a project to improve the abysmal infant and maternal mortality rates in Tibet. Using her anthropology training and Tibetan language skills, she has developed some culturally sensitive ways to increase basic sanitation and hygiene in childbirth (in response to "purity" customs which consign women to animal stalls for labor and delivery, for example).

I urge you to learn more about Sienna and her work, her poetry, and her books by visiting her beautiful website: www.siennacraig.com.

Our next meeting takes place on Tuesday, November 13, at 7:00 p.m. Please note that, *for this meeting only*, we will meet at the R. W. Black Recreation and Senior Center (across from the Hanover Co-Op). Ingrid Moulton, a LEED certified architect, will speak about "LEED Design for Residential and Other Current Green Design Trends." What's "LEED"? Come to the meeting and find out!

Sincerely,

Judy Music

Events



Chica Maynard and Teil Silverstein



Sienna Craig, Luncheon Speaker



Mary Kukowski and Kathy Crawford



Anne Garrigue



Perry Williamson and Ginia Allison



Bernice Cohen

Membership

Although many of you have renewed your membership (thank you), I'd like to remind those who haven't to do so soon. We are planning to send out a directory in January, so, if you want to be listed and to receive the directory, please renew by December 31.

Newsletter Submissions

The deadline for submitting items (poetry, announcements, musings, tidbits) is the 25th of each month. We look forward to your contributions.

Belly Dance Show

Gina Capossela, who will speak at our December meeting, announces the "biggest belly dance show in Vermont" coming up soon. The 4th annual Middle Eastern and American Belly Dance Showcase takes place on Saturday, December 1, at 7:30 p.m. at Woodstock's Town Hall Theater. Tickets go on sale on Monday, November 5 at the Pentangle Box Office—(802) 457-3981. Hurry—last year's show sold out! For more information, go to www.GinaDances.com.

Home Weatherization Workshops

The Sustainable Energy Resource Group (SERG) is sponsoring free weatherization workshops for home owners in the coming weeks. If you are interested, you can contact SERG through its website (www.SERG-info.org) or contact Carol Weingeist (cpereraw@verizon.net).

Book Announcement

Inge Brown's daughter Ayamanatara, who grew up in Norwich (and was known then as Shirley Brown), has published a book of meditations -- *365 Days to Enlightenment: Daily Reflections, Spiritual Growth and Progress*.

Core Committee

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Evening Programs

November 13

“Green Buildings”
Ingrid Moulton

December 11

“Middle Eastern Dance”
Gina Capossela

January 8

TBA

February 12

“Civil Liberties Update”
Claire Ebel

March 11

Panel on Aging

April 8

“The Vermont Peace Academy”
Kathleen Shepherd

May

Spring Event
TBA

June

Potluck, Brainstorming, Elections

November 13, 7:00 p.m

Place: R.W.Black Recreation Center

“LEED Design for Residential and Other
Current Green Design Trends”
Ingrid Moulton

“Remarkable Women” Luncheons

January 21

“Women and Surrealism”
Katharine Conley, Professor of French

April 21

“Hildegard von Bingen”
Monika Otter, Associate Professor of English

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