

November 29, 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, December 11 at the Howe Library at 7:00 p.m.
- Membership renewals--final call for directory listing
- Deadline for submission to next newsletter: December 17 (not the 25th)
- The January evening meeting date **has been changed** to January 15, due to the January 8 primary in N.H.

Networking Question for the December Program:

“What are your most unforgettable dancing experiences?”

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Dear Friends,

Lengthening nights and colder weather now drive even the heartiest of us to spend more time indoors. In some ways this is when our built environments have their greatest psychological and physical impact on us—do we have enough light? Clean air? Warmth? Comfort? In New England, these winter necessities often strain energy resources, contribute to global warming, and damage our environment. New building standards for energy efficient and environmentally sensitive “Green” buildings offer a better way to build.

Our October speaker, Ingrid Moulton, taught us that Green buildings can be beautiful, light-filled, and comfortable; yet still be energy-efficient, healthy, and environmentally-friendly. Green buildings take a lot of planning and careful construction (for example, “Site Stewardship” standards minimize disturbance to the site and its environment, including nearby bodies of water), but, as Ingrid’s slides showed us, a little extra thought and effort deliver great results, inside and out.

Not planning to build a new home anytime soon? Ingrid gave us a “to do” list for green upgrades in our own homes. The list includes “Easy Things”, such as using compact fluorescent light bulbs, caulking doors and windows, putting an insulating jacket on the hot water heater, and unplugging unused appliances. Several members endorsed one of the “Moderately Easy Things”—solatube installation (apparently they love the sunlight the tubes provide). “Major Things” require more money and retrofitting, but this category also includes buying hybrid cars or cars that use bio-fuel. Go (in a) Green (car)! Thank you, Ingrid, for all the great ideas and inspiration and for answering our many questions so thoroughly. (If you want a copy of Ingrid’s slide show, please email her at Ingrid@banwell-architects.com.)

During the Networking part of the program, we talked about what physical features we value most in our homes. While some spoke of furnishings, space, and kitchen tables (for sharing meals with friends and family), most emphasized the need for lots of natural light.

Keep that in mind as you set out your candles and strings of light for Hanukkah, Winter Solstice, Christmas, Kwanzaa, and Diwali this month—these are dark times, and we all need more light!

Our December speaker will tell us about Middle Eastern dance, comprising some of the oldest dance forms on the planet, and certainly one of the earliest feminine art forms. Someone once told me that “belly dancing” was part of ancient birthing rituals. This is probably a half-truth at best, but I’m spreading this rumor until our guest, Gina Capossela, sets us right. I think it will be a *delightful* evening!

Sincerely,

Judy Music

*Post Thanksgiving
Thought:
"Food is an
important part of a
balanced diet" -
Fran Lebowitz*

Bel Canto Chamber Singers Concerts

The **Bel Canto Chamber Singers**, under the direction of Hal Sheeler, are giving two concerts in December. The first is at 3 pm, on Saturday, December 15, in Lyme at the Congregational Church. The second, on Sunday, December 16, is also at 3 pm, at the West Lebanon Congregational Church. Tickets are \$10. The program includes Hannukah and Christmas music and the rousing Vivaldi *Gloria*, which will feature a small orchestra to accompany the singers. We hope you can attend one of these concerts.

--Submitted by Sylvia Field. For more information, call her at 603-448-2196.

January Luncheon Speaker's New Podcast

Katharine Conley, Professor of French at Dartmouth, will speaking at our January 21 Luncheon about women in the Surrealist movement. The next WNUV newsletter will include a reservation form and entrée selection, but save the date! In the meantime, those of you with internet access can listen to Katharine discuss her work and some of the women she's researched by going to the following website and listening to her podcast: <http://www.dartmouth.edu/~news/features/podcasts/2007/conley.html>.

Condo for Sale

Estelle Diamond is selling her condominium in Hanover. There will be an Open House on Saturday, December 1, from 9 a.m. until 1 p.m. at 15 Willow Springs Circle. For more information, call Estelle at 603-643-2710.

Political Discussions—"Brown Bag" Luncheon Series

Several members of the WNUV are planning a "brown bag" luncheon series to meet with local candidates and/or discuss issues germane to the upcoming elections. The monthly meetings will begin in January and continue until Election Day in November. Details will be announced as soon as possible.