

March 27, 2008

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:

- Deadline for submission to next newsletter: April 25
- April meeting is on Tuesday, April 8, at 7:00 pm in the Mayer Room of the Howe Library.
- Sign-up sheet for “Remarkable Women” luncheon (April 21) is enclosed

Networking Question for the April Program:

“Recall a time when you were in conflict and realized that you had a choice in your response. What feelings and values guided your response? How did you feel about the outcome?”

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

President's Letter

Dear Friends,

The March program on “Aging Well” gave us an evening of especially rich networking discussion, according to all the positive comments I’ve received. The credit for setting up such a warm and inviting atmosphere goes to our panelists, Marie Kirn and Heidi Hoskin, and to our moderator, Sheila Buckley. Heidi and Marie spoke frankly and movingly about their own experiences of finding new strengths and unexpected sources of joy after experiencing challenging losses; and they also spoke about their work with others dealing with life’s transitions. During the networking, participants (including one particularly courageous man) reflected on their experiences of aging, too, and offered strategies for coping with divorce, widowhood, and other huge losses and setbacks that beset us even as our physical resources are winding down. If you want to age well, we learned, hang on to your friends (and make new ones), don’t forsake your dreams, pursue a passion, stay active, don’t focus on limitations, simplify your life, exercise, keep a sense of humor handy, and live each moment fully. Heidi suggested that we give our children the chance to tell us we are good parents, and Marie reminded us not to neglect the spiritual aspects of our lives. Both women recommended George Vaillant’s *Aging Well*, so it must be good! Thank you, Marie and Heidi, for making this a special evening program.

At our April meeting, Kathleen Shepherd will talk about and demonstrate the work of the Vermont Peace Academy. The Vermont Peace Academy, founded in 2002, was inspired by a proposal made to the US Congress for a cabinet-level Department of Peace and for a National Peace Academy. Needless to say, the House of Representatives has not yet taken up the cause, but Kathleen and others did, creating an institution that “specializes in nonviolent communication, diversity, cross-cultural understanding, and leadership.” Conflict resolution skills, if practiced at all levels of human interaction, might be just the means of defusing the dangerous world we live in now. I look forward to learning what Kathleen has to teach us.

The third and final event of this year’s “Remarkable Women” luncheon series takes place on Monday, April 21, at the Tip Top Café. Professor Monika Otter will introduce us to one of the most remarkable women I’ve ever heard about, Hildegard von Bingen, a 12th century polymath—abbess, writer, healer, composer (“google” her to get her extensive discography) ...“the Sibyl of the Rhine.” Professor Otter will share her insights into Hildegard’s life and work both from her (Prof. Otter’s) expertise in medieval literature and from her perspective as a singer (see the “Cantabile” concert announcement inside).

Sincerely,

Judy Music

Food for Thought:

“Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we are born.”

--Albert Einstein

“The worst sorrows in life are not in its losses and misfortunes but in its fears.”

--Source unknown

(Quotes supplied by Marie Kirn—thanks!)

Hildegard von Bingen in the News:

Evelyn Spiegel spotted a timely reference to one of our “remarkable women” in a NYT book review (Jan. 24) of Tod Wodicka’s *All Shall Be Well*, a novel in which a modern day “medieval re-enactor” travels to Germany “to honor the 900th birthday of **Hildegard von Bingen**, the medieval ‘ anchoress, theologian, visionary, naturalist and composer so adored by today’s more esoterically disposed females.” (Editor’s note: Sign up for the luncheon so that you, too, can be esoterically disposed!)

Monika Otter writes:

Please come to the next concert by **Cantabile**, a women's chamber choir directed by Charles Houmard. The concert also features pianist Greg Hayes. As often, there's a theme to the concert: it's titled "Who'er She Be," and it features texts about women of all ages from childhood to old age, religious and secular. Most selections are 20th century (incl. Berlioz, Durufle, and many lesser-known-- but good-- composers); there's also a piece by **Hildegard of Bingen** (and a modern composition based on it) and one by Caccini.

Sunday, March 30th 4:00 p.m. Norwich Congregational Church, Norwich VT

Tickets available at the door: Adults \$15 (\$12 in advance) Students \$5
Advance tickets are available at Janet Flanders Travel in Norwich, VT.

Spring Dinner Announcement

NHPR’s Lisa Peakes will speak at our annual Spring Dinner on Wednesday, May 15, at the Hanover Inn. Please save the date! Look for your reservation form in the April newsletter.

From our Past Speakers--

It isn’t too late to learn Middle Eastern Dance. Beginning classes with Gina Capossela start April 14. Go to www.GinaDances.com for more information.

Betty Ann Trought has asked me to share two web sites for Upper Valley enterprises dear to her heart: Lauren Buyofsky’s herbal healing information site (www.wiseriverherbals.com) and D Acres organic farm (www.dacres.org).

Web Site Update

Soon, That’s a promise. When the web site is up and de-bugged, members of the community will have access to newsletters (current and archived), an events calendar, membership sign-up information, photographs and members’ art, links to other sites and organizations of interest to our members, perhaps a password-accessed directory, and more.

Reservation Form

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

"Hildegard von Bingen"

**Monika Otter
Associate Professor of English**

**Tip Top Café, White River Junction
Monday, April 21, 2008
12:00 noon to 2:00 p.m.**

Name: _____

Telephone: (Work) _____

(Home) _____

Email: _____

Menu Preference (check one):

Salmon

Grilled eggplant, parmesan and pesto-spiked spaghetti squash

Please mail this form and check made out to "WNUV"
in the amount of \$20 (Member) or \$25 (Non-Member)

by Tuesday, April 15th to:

Special Events

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

Questions: 603-643-0107 or debaliber@yahoo.com

*(Unfortunately, we cannot refund money for any cancellations received
after Wednesday, April 16th. Thank you for your understanding.)*

Core Committee Chairs

President

Judy Music
judithmusic@verizon.net
802-649-2535

Vice-President & Program Chair

Sheila Buckley
sbuckleyr@yahoo.com
603-643-5359

Secretary

Marty Rowell
marty.rowell@comcast.net
603-448-8877

Treasurer

Inge Brown
Inge.Brown@Dartmouth.Edu
802-296-5777

Membership

Alyssa Smith
alyssas@gmail.com
603-448-1759

Publicity

Polly Kislik
Kislik167@earthlink.net
603-643-2079

Special Events

Debbie Aliber
debaliber@yahoo.com
603-643-0107

Hospitality

Kathy Sherrieb
Kathy.Sherrieb@Dartmouth.Edu
603-795-2831

Nominations

Esther Colby
escolby@verizon.net
603-643-2483

Nominations

Carol Weingeist
cpereraw@verizon.net
603-643-6850

Past President

Judi Colla
jcolla@collaassociates.com
603-643-9274

Programs Remaining, Spring 2008

Evening Programs

April 8

“The Vermont Peace Academy”
Kathleen Shepherd

May 15

Spring Dinner
Lisa Peakes
NH Public Radio

June

Potluck, Brainstorming, Elections

“Remarkable Women” Luncheons

April 21

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

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