

April 28, 2008

The Net

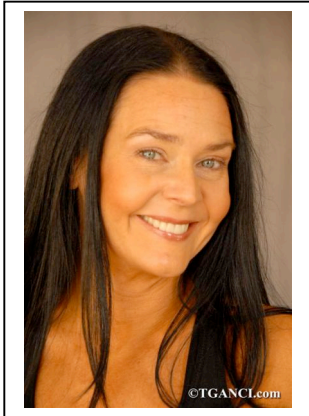
A Newsletter of the Women's Network of the Upper Valley

Mission:

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

Please Take Note:

Spring Dinner on Thursday, May 15th at the Hanover Inn. Please send in reservation form by Saturday, May 10



Lisa Peakes, NH Public Radio

Networking Question for the May Program:

"Of what value is public radio to the public, and who should pay for it?"

Inside:

President's Letter	1
Announcements	2
Core Committee	3
Dinner Reservation Form	3
Spring Programs 2008	4

Web Site:

www.womensnetworkuv.org

The Net

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

Dear Friends,

April's program about the Vermont Peace Academy provided one of those rare and wonderful evenings when our networking flowed seamlessly into the presentation. Kathleen Shepherd, Board member and a founder of the Academy, asked us to talk about a conflict we'd experienced, how we had responded, and how we felt about the outcome. After that, she skillfully pulled out of our experiences common themes and strategies and used them in her talk. Those of us who felt we had handled our conflict well emerged with a sense of accomplishment, having experienced "a moment of truth that makes us stronger." Those of us who felt we had not handled the conflict well continued to suffer to some degree from the encounter. This was a powerful lesson on the value, even (perhaps especially) on a personal level, of the Peace Academy's work, which "seeks to nourish the spirit of peace and prepare people with the skills and knowledge necessary to be successful peacemakers." Kathleen masterfully modeled the VPA's methods of drawing connections between inner and outer pathways to peace, cultivating "deep listening" skills, developing an authentic "presence" with others, and using critical thinking and knowledge to translate insight into action in the service of peace. Please visit the Vermont Peace Academy's website to learn more about its critical work: www.vermontpeaceacademy.org. We are very grateful to Kathleen for facilitating such a transformational experience for all of us.

Professor Monika Otter turned our third "Remarkable Women" luncheon into a feast for the eyes and ears with her multi-media talk about Hildegard von Bingen, a medieval German abbess known as "The Sibyl of the Rhine." Monika did a great job of guiding us through the 12th century so that we could learn the ways Hildegard's story was both typical (many girls were given to convents—not unusual when everyone's life path was dictated by birth) and extraordinary (Hildegard's talents were celebrated during her life). Hildegard experienced frequent waking visions, which she then had her nuns translate into paintings. Alas, because of WWII, we have only copies of copies of these visionary paintings, but what survived shows complex and almost psychedelic views of the cosmos and spiritual events. Monika shared facsimiles of Hildegard's musical notations and highlighted 2 features: the notations don't actually pin down how the music was meant to sound, but we can see that Hildegard experimented with intervals (using big jumps instead of the traditional small increments) and she sometimes abandoned the use of a stable central sound. Monika played two recordings of the same piece to demonstrate how differently Hildegard's music can sound, depending on the reading. Another song ("O angeli") starts at a high note and spans 2½ octaves; a feat impossible for a single human voice but presumably easy enough for angels (we were also treated to a recording of this very ethereal song). Although Monika filled us with a high energy look at an amazing woman, we left the luncheon hungry for more! Thank you, Monika, for so generously giving us your time and insights.

This year's programs end with the gala Spring Dinner on May 15. Many of us feel we already know Lisa Peakes, of New Hampshire Public Radio's "Morning Edition", since we invite her into our homes and cars so often. I'm sure she has a lot more to tell us, so please plan to attend the Dinner—bring your friends and partners, too.

Sincerely,

Judy Music

Food for Thought:

Intoxication(n):

Euphoria at getting a tax refund, which lasts until you realize it was your money to begin with.

Sign spotted in a shop window in WRJ:

“There’s no limit to what you can accomplish, as long as you don’t need to get the credit for it.”



Hilda Sokol, founding member, with Helene Rassias-Miles, our newest member, at the April “Remarkable Women” luncheon.

The Rockefeller Center for Public Policy and Social Science

and

The League of Women Voters of the Upper Valley

Present

“America’s Place in the World”

Stephen Brooks

Assoc. Professor of Government, Dartmouth College

Thursday, May 8

4:30 pm - 6:00 pm

3 Rockefeller Hall, Dartmouth College
N. Main Street and Webster, Hanover, NH

Free and Open to the Public

For more information call: 603-646-2207

<http://rockefeller.dartmouth.edu>

--submitted by Betty Ann Trought



Monika Otter, guest speaker at the April “Remarkable Women” luncheon, and member Evelyn Spiegel.

--Photos courtesy of Inge Brown

*Women's Network of the Upper Valley
Reservation Form for 2008 Spring Dinner*

**“Contrasting Truths: Experience in Commercial
and Non-Profit Radio”**

Lisa Peakes

Host/Producer of New Hampshire Public Radio’s
“Morning Edition”

The Hanover Inn
Daniel Webster Room
Thursday, May 15, 2008
5:30 – 8:00 p.m.

Name _____

Telephone Work _____

 Home _____

E-Mail _____

Menu Preference (please check one):

_____ Poached Free Range Chicken Breast with Herbed *Jus*

_____ Goat Cheese Stuffed Raviolis with White Wine Thyme Broth

_____ Wild Shrimp & Day Boat Scallop Alfredo with Mini Penne Pasta

Please mail this form and a check made out to “WNUV”
In the amount of **\$35 (Members & Partners)** or **\$40 (Non-Members)**,
by May 10 to:

Special Events

Deborah Aliber
37 School Street
Hanover, New Hampshire 03755

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

*All reservations **must be received** by May 10. Unfortunately, we cannot refund money for
any cancellations received after 4:00 p.m., May 12. Thank you for your understanding.*

Core Committee Chairs

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Past President

Judi Colla
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Programs Remaining, Spring 2008

May Special Event:

Spring Dinner
May 15
Lisa Peakes
NH Public Radio

June Program:

Tuesday, June 10
Annual Elections, Program Brainstorming, and Potluck Dinner
Location TBA

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A NEWSLETTER OF THE
WOMEN'S NETWORK OF
THE UPPER VALLEY

PO Box 183
Hanover, NH 03755-0183