Women's History and Culture Center July 2022 Newsletter



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To receive this newsletter by email, or make comments, please Email whccmesquitenv@gmail.com. Our mailing list is private and not shared with other organizations.

Hard copies of this newsletter are available at the Women's History and Culture Center located at 225N. Willow #23, Mesquite NV 89027. Mailing address is PO Box 1502, Mesquite NV 89024.

1a Notes From the Editors – July 2022

Summer Hours at the Women's Center

While the center is not open for walk ins during June, July and August we are open by appointment. If would like to drop by, please call 702-345-4088 to schedule at time. We are also open each Wednesday in July from 11AM to 2PM for pick up and drop off of entries for the Decorate Saxon the Suffrage Cat Contest.

We will return to regular hours starting Tuesday September 6 from 11 AM to 3 PM, Tuesdays, Wednesdays and Thursdays. Classes will continue in the summer on a limited basis. Please check this month's calendar to see class availability or contact the instructor for details.

<u>June Events</u>

While June is usually a quiet month in Mesquite, the Women's Center was bustling with activity from our members and the groups who use our facility.

The Virgin Valley Artists Group did two podcasts in June; two of the Desert Dames Bunco groups meet here monthly; the Morning Rotary held a special orientation meeting in June; RAISE Mesquite put on a Painting class; and the Mesquite Showgirls conducted two orientation classes for new members. The Mesquite Outdoor Group and the Writer's Critique Group also meet here, as well as two new groups that started in June; the Wondering Words Book Club and the Consciousness Group, which is currently studyng the book, Biology of Belief.

Third Annual Decorate Saxon the Suffrage Cat Contest

Our summer activity each year is the Decorate Saxon contest. It is open to kids of all ages and adults. You can pick up a Saxon cut out at the Women's Center and decorate it any way you like, at home, with friends, with help from parents or grandparents, or as a single entry, or a group entry. The cats can be decorated any way the artist chooses, decorating one side of the form, or if you can't decide between two choices, decorate both sides!

You can decorate Saxon as one of their pets, or a cat from a book or a movie, as a historical figure portrayed as a cat, or as the original Saxon, in honor of Women's Suffrage. Your Saxon can have items added to it, like a tail, a hat, or any other items that bring out your theme.

A new add this year will be group entries from the Rotary Club, the Mesquite Showgirls and the Mesa Valley Estates Memory Care Unit. If your group would like to decorate a Saxon Cat, please stop by the Women's Center on Wednesday between 11AM and 3PM to pick up your entry.

And remember time is getting short. The last day to submit your entry is July 29! The cats will be on exhibit at the Fine Arts Center during the first week of August. Check out the cats and vote for your favorite cat for the "People's Choice" award. Winners will be announced Monday August 8 (International Cat Day) at the Fine Arts Center, at a reception from 4PM to 6 PM.

Three notable women have been in the news recently, each one playing a prominent role in shaping world events. Here is a little information on each, starting with: Ursula von der Leyen, President of the European Commission; second: Madgalena Andersson, Prime Minister of Sweden; and third: Sanna Marin, Prime Minister of Finland.

Each woman has been strategically involved in decisions affecting peace and security at a world level: Ursula in forging a European Union consensus that could bring Ukraine, Europe's second largest country into the European Union; and Magdalena and Sanna, who have each successfully led the charge to reverse their country's traditional positions of neutrality, and apply for membership in NATO.

Ursula Gertrud von der Leyen was born October 8, 1958 in Brussels and grew up in a bilingual household speaking German and French. She studied at the London School of Economics in the late 1970s, under the name of Rose Ladson, honoring her great-grandmother from Charleston, South Carolina. Continuing her studies, Ursula graduated as a physician from the Hannover Medical School in 1987, specializing in women's health, and married a fellow physician.

She spent most of the 1990s as a housewife raising seven children, living for four years in California before returning to Germany in 1996, where she ultimately got involved in politics.

She served as a state level cabinet minister from 2003 to 2005, then served at federal level as minister of family affairs and youth from 2005 to 2009, then minister of labor and social affairs from 2009 to 2013, and minister of defense from 2013 to 2019. She was the first woman to serve in that capacity.

Ursula was elected President of the European Commission in July 2019 and is in Time's "100 Most Influential People of 2020.".

Magdalena Andersson was born January 23, 1967 in Stockholm. She was an athlete and top student in high school, and earned a master's degree from the Stockholm School of Economics in 1992.

Andersson married an economics professor in 1997. As an outdoor family with two children, they enjoy hiking, kayaking and mountain climbing. She served as a political advisor to Sweden's Prime Minister from 1996 to 1998 and Director of Planning from 1998 to 2004. She served as Ministry of Finance Secretary of State from 2004 to 2006, and then Chief Director of the Swedish Tax Agency until 2012. She served as Minister for Finance until 2020.

Andersson was elected chair of the International Monetary and Financial Committee, the first woman to hold that position. In 2021, Andersson became Sweden's first female Prime Minister.

Sanna Mirella Marin was born November 16, 1985 in Helsinki She had a challenging childhood and worked in a bakery and as a cashier to go to school, earning a master's in Administrative Science from the University of Tampere, the first person in her family to attend a university. Marin is married with one daughter.

Marin was elected to City Council in 2012 and served as council chair from 2013 to 2017. In 2015, she was elected Member of the Finnish Parliament, becoming Minister of Transport and Communications in 2019.

In August 2020, at age 34, she became Finland's youngest-ever Prime Minster, and the third female head of government in Finland.

Wishing you all a wonderful summer, wherever your travels take you.

Jean Watkíns President

WHCC Upcoming Events

Details for July 2022 Events/Classes - WHCC, 225 N. Willow St., Mesquite, NV Room 23

*NOTE: The Women's Center is closed for greeting hours in June, July & August. Open for classes and appointments. Volunteer Updates will be Emailed, when necessary. Volunteer Greeters & Facilitators (where applicable), enjoy your Summer!!

July 5 (TUES) AT 2 PM: Wondering Words Book Club / Mary Lou Ashe (Book-Lisa Wingate's The Book of Lost Friends)

July 6, 13, 20 & 27 (WEDS) 11 AM - 2 PM: Saxon Cat Contest Entry Drop-offs at WHCC / Jean Watkins

July 7 (THUR) at 10 AM: Freedom Challenge 2022 / Deborah Campbell

(**Open invite**. WHCC will host Deb to share information about Human Trafficking & her journey to climb Mount Kilimanjaro)

July 7 & 21 (THUR) at 2 PM: Consciousness Circle – Led by Terrie McArthur – see WHCC's Facebook Page for flyer and information.

July 8 (FRI) at 10 AM: Desert Dames BUNCO / Wendy Lauer / Closed group

July 10 (SUN) at 4 PM: Mesquite Outdoor Group / Ron & Debbie Carpenter / Closed group

July 11 (MON) at 1:30 PM: Desert Dames BUNCO / Louise Willis / Closed group

July 14 (THUR) at 2 PM: Showgirls Orientation, Tea Room / Reenie McFarland / Closed group

July 18 (MON) at 2 PM: Writers' Critique Group / Mary Lou Ashe

July 18 (MON) at 2 PM: Women's Center Board Meeting, location TBA

July 21 (THUR) at 5:30 PM: R.A.I.S.E. Mesquite Paint Nite at WHCC, Contact R.A.I.S.E. Mesquite on Facebook Messenger to reserve your spot. Led by Carly Toutant. See flyer, if included.

July 22 (FRI) at 2 PM: Women's Center Volunteer Updates. *VIA EMAIL*

<u>July 29 (FRI) by 5 PM:</u> Last Call for Saxon Contest Entries to be dropped at WHCC (BY appointment – Call Jean at 702-345-4088)

A Look Ahead

All classes and most groups are on-going each month. Here are a few other events/gatherings coming up for your anticipation!

August 8 (MON): Saxon Winners Announced September 24 (SAT): Girls in Aviation Day (Look for Opportunities for youth to attend this fun, motivational, information-packed field trip!)

<u>July 2022</u> Calendar Women's History and Culture Center

SUN MON TUE WED THU FRI SAT 1 2 3 4 5 6 7 8 9 10 AM Freedom 2 PM Wondering Independence 11 AM - 2 PM Challenge 2022 10 AM Desert Saxon Entry Dames BUNCO -Day Words Book 2 PM Club Drop offs Wendy Lauer Consciousness Circle 10 11 12 13 14 15 16 4 PM Mesquite 1:30 PM Desert 11 AM - 2 PM 2 PM Showgirls Orientation Dames BUNCO Saxon Entry Outdoor Group - Louise Willis Drop offs 17 18 19 20 21 22 23 2 PM Writer's 2 PM **Critique Group** 11 AM - 2 PM Consciousness Volunteer Email Saxon Entry Circle Update Drop offs 2 PM WHCC 5:30 PM **Board Meets** R.A.I.S.E. Mesquite Paint Nite 25 26 27 30 24 28 29 11 AM - 2 PM Last Call for Saxon Entry Saxon Entries Drop offs 31

Visit our Website: whccmesquitenv.org and Facebook Group: @whccmesquitenv

Connect with us at whccmesquitenv@gmail.com

WHCC Board of Directors: 2nd Monday from 2 – 3:30 PM (as needed in June, July & Aug) WHCC Volunteer Updates Gathering: 4th Friday from 2 - 3:30 PM (Email Updates in June, July & Aug)



VIRGIN VALLEY HONOR GUARD

-SEARCHING FOR MEMBERS-

Established in 1993, The Honor Guard participates in over 30 events a Year

The Honor Guard is looking for women and men who have served in the military (any branch). Uniforms/Outerwear are provided to all new members. *Contact the Mesquite Veterans Center during business hours at (702) 346-2735 or leave name & phone # for Honor Guard Commander.





READ + DISCOVER + WIN!

For Kids & Teens (ages 0-17)

For Adults (ages 18+)

Keep your child's education on track! Reading, science, art, math, and critical thinking skills can slide for kids & teens during summer break. Looking for solutions? The Library District has the answer with our FREE Summer Challenge program, where kids of all ages can win great prizes while sharpening their school skills.

It's not just for kids anymorel Parents, caregivers, and all adults – you are invited, too! Participate in Summer Challenge for a chance to win items from our bookstores, a coupon for 30% off from Pizza Hut, and a chance to win a Grand Prize Package.

How It Works:

Reading + Activities = Fun All Summer Long

Kids, teens & adults will each get age-customized activities (see below) and fun reading recommendations for every ability. Then track your reading & activities in our special log, and enter it for your chance to earn prizes such as free books, pizza coupons, and our branch grand prizes. Kids & teens (ages 0-17) can also enter our **Super Reader Challenge** for another chance to win a Grand Prize Package.

Two Ways to Track Your Progress!



Create or Sign In to Your Account on Beanstack

All ages can use Beanstack to track their progress and earn badges! <u>Register now by signing in</u> to get started! Beanstack is also available as an app for either <u>iOS</u> or <u>Android</u>.

Printable Reading + Activities Log

You can also track your progress on our printable log that is also available for pick up at any of our libraries. Once the log is complete, turn it in at your local library. Click here for the <u>Kids &</u> <u>Teens (ages 0-17) Log (En Español)</u> or the <u>Adult (ages 18+) Log (En Español)</u>.

Enter our Coloring & Art Contest!

Pick up a Coloring & Art Contest entry form at your favorite branch or download & print one by <u>elicking here (En Español)</u>. Fill it in with your creative design and then return it to the library to enter for a chance to win a \$25 art supply gift card! All ages are welcome to participate.





MONDAY, JULY 4th FIREWORKS BEGIN 9PM

A PATRIOTIC SOUNDTRACK WILL ACCOMPANY THE SHOW ON 88.1 FM

FREE public viewing will be set up behind the Casino. Please tailgate or bring your own chairs. Weather permitting.

FULL SCHEDULE OF EVENTS:

4:00 p.m. to 8:00 p.m.

All American BBQ in Town Square inside the Eureka Casino

9:00 p.m.

"Rockets Over the Red Mesa" Fireworks Show



Monday August 8, 2022 Award Ceremony at the Mesquite Fine Arts Center



Open to All Ages Entry Deadline: Friday, July 29, 2022

Decorate Saxon the Suffrage Cat!!!

Engage your artistic talents and learn more about the women's suffrage movement by entering the "Decorate Saxon the Suffrage Cat" contest.

The Women's History and Culture Center, 225 N. Willow #23 will be open Wednesdays between 11 and 2 PM for you to pick up your Saxon cut-out and drop off your completed Saxon entry

To arrange a different pick up or drop off time, please contact Jean Watkins on 702-345-4088 or email mesquitjean@gmail.com

Best in Show, Sponsor's Choice and People's Choice Prizes will be Awarded along with Placement Ribbons

Contest Dates

Wednesdays June 15 through July 27 Sign up and pick up your Saxon at the Women's History and Culture Center

> Friday July 29 - Last Day to Submit Completed Saxon Entries Women's History and Culture Center, 225 N. Willow #23

Tuesday thru Saturday, August 2 thru 6 Cats on display at the Mesquite Fine Arts Center, 15 W. Mesquite

Monday August 8 from 4 to 6 PM Award Ceremony at the Mesquite Fine Arts Center, 15 W. Mesquite

The Saxon Roadster A Horseless Carriage that Made History



It was 1916 and Alice Snitjer Burke, 41, had spunk. Added to her mechanical ability was Alice's passion for a cause - women getting the right to vote. She was the perfect person to break new ground, as part of the first woman suffrage team to drive across the United States and back, when roads were indistinguishable from dirt paths and a revolution raged along the southern border, raising public awareness and gaining support for the 19th Amendment.

Alice and her companion Nell Richardson spread the word on a 10,700 mile journey that lasted 178 days. They visited 125 cities in a two-seater Saxon roadster, forging though ruts and mud, streams and snowstorms, bullets, deserts and protesters. Alice drove the car and handled maintenance and repairs, while Nell cooked and handled the paperwork.

The Saxon Motor Car Company backed this historic journey by donating the car and parts for this brave duo's trip. And they kept the public aware of the dynamic duo's daily progress, to show the reliability and value of their Saxon Roadster.

The surprisingly large load in their little Saxon Roadster included a complete camping outfit including a stove, a sewing machine and typewriter, plus enough extra parts to almost build a new car, and twenty dresses each for Alice and Nell, ten shirtwaists apiece, two raincoats, two heavy coats, two sweaters and a lot of literature which was distributed along the route.

Consciousness Circle Now in Session

Please join us for a study of: **The Biology of Belief** By Dr. Bruce R. Lipton

We will be studying other books that relate to raising awareness and expanding consciousness in future sessions. Facilitated by: Terrie McArthur,

Yoga Instructor and Reiki Master



Book Available on Amazon or check the Library! When & Where: 1st & 3rd Thursdays each month First Sessions on July 7 & July 21 at 2:00 p.m. Women's History and Culture Center 225 N. Willow St. Room 23

2022 Money Smart Series At Mesquite Library

Take advantage of these FREE workshops from Chase to help you make practical decisions on how to handle your money and put you on track towards financial freedom:

Thurs July 7 at 3:30 p.m. Credit Reports & Scores

Thur July 7 at 5:30 p.m. Building Your Financial Future

Thur July 21 at 3:30 p.m. Using Credit Cards Thur July 21 at 5:30 p.m. Buying A Home

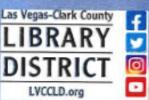
Thur August 4 at 3:30 p.m. Borrowing Basics

Thur August 4 at 5:30 p.m. Managing Debt

Money Smart Series is a set of one-hour programs providing unbiased education for the local community in partnership with Chase.

Mesquite Library 160 W. First North St. Mesquite, NV 89027





FREE ADMISSION & OPEN TO THE PUBLIC. For a schedule of additional Money Smart programs, please call (702) 507-4084 or visit www.lvccld.org under Events. FREEDOM CHALLENGE 2022 Deb Campbell

What do Mount Kilimanjaro & human trafficking <u>awareness</u> have in common?

Join Us to Learn More about Deb's journey to hike Mount Kilimanjaro & her mission to raise awareness!

Women's History and Culture Center

Thursday, 7 / 7 / 2022 at 10:00 a.m. 225 N. Willow St. Room 23 Mesquite, NV Free Presentation

deb_campbell711@hotmail.com (209) 815-1987

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THE

FORENSICS & FINGERPRINTI

Thursday, July 14 at 2 p.m.

Ages 8-17

Bunkerville Library 150 W. Virgin St. 02-346-5238

Did you know every person has a unique set of fingerprints? Educators from The Mob Museum will introduce the science & history behind fingerprinting while kids & teens record and analyze their own fingerprints. Space is limited and registration is required. Please call the Bunkerville Library at (702) 364-5238 to register for the event.

FREE AND OPEN TO THE PUBLIC. Intended for children ages 8-17. Attendance counts as a Summer Challenge learning activity. Seating is limited and registration may be required. For more information, please scan the QR code or call the library branch.



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July 22nd, 2022

MESQUITE LIBRARY

Community Room

Event DETAILS

Join us for a live portrait painting demonstration done by professional artist Andrew Zabela-Zabelin. Watch as Andrew artistically creates a masterpiece right before your eyes.



Become a First Degree Reiki Practitioner!

Come join Kim Erickson, Usui Reiki Master

Friday, July 29, 2022 -- 6:00 p.m. - 9:00 p.m. Saturday, July 30 -- 10:00 a.m. - 5:00 p.m. (bring a lunch)

Sunday, August 2

*\$225.00

-- 10 a.m. - 1:00 p.m.

Reiki – *The breath of the Soul*

Become a hands-on healer/practitioner when you learn Reiki, a method of *total* body healing performed through the art of touch, which includes treatment of the physical, emotional, mental and spiritual. Reiki Master, Kim Erickson is trained in the Usui System of Reiki (Western form). She offers 37 years of experience and special Reiki Alliance Certificates. Kim has also trained in Jikiden Reiki (the Eastern form) since 2007 and offers unique insights with her students. Her reiki lineage is Hawayo Takata to Paul Mitchell to Kim for the first two levels and Takata's granddaughter (Phyllis Furumoto) to Norma Jean Young to Kim for her Reiki Mastery.

<u>TO REGISTER, CONTACT</u> *payment arrangements upon request are offered. Otherwise, \$50 paid in advance to Kim Erikson to hold your seat in the class.

LOCATION: Home of Kim Erickson, Mesquite, NV Cell: 253



SHODEN First Degree Reiki Training

July 29, 30 & 31, 2022 (Frí 6pm-9pm, Sat 10am-5pm) & Sun 10am-1pm) 12hrs. CE credits In Mesquite, NV Reíkí 1 course fee \$ 225.00 Presented by: Kím Eríckson, Usuí Reíkí Master (253) 756-7003

First Degree Reiki

Become a First Degree Reiki practitioner. Learn the hands-on method of healing you can use on yourself, others, animals and plants. The Reiki initiation will "open you" to experience healing energy coming though your hands.

First Degree Reiki is an empowering class. A perfect educational experience for anyone wanting to expand their healing skills such as massage therapist's or becoming a healing practitioner.

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What is Reiki?

Reiki, pronounced ("ray key"), translates as "the breath of the soul" or "universal life force energy"; it is the energy of the spirit or the fuel that provides life to a human being. As a hands-on treatment form, this Japanese healing art passes a large, warm current of Vital Life Force through the hands of the practitioner into the person being treated. This Life Force fortifies and balances the basic constitution, wholeness and function of the individual being treated. Reiki is life energy – the actual force that keeps life going.

How is Reiki done?

As you lie or sit, fully clothed, the Reiki practitioner places his/her hands on the distressed part of your body. The Reiki touch is gentle and still. Reiki is applied by a practitioner who has been trained (initiated) in using and transmitting healing energy. During the Reiki training, students are taught specific uses of Reiki and where to position their hands on the body following a standard form of 12 basic positions and several axillary positions. A full treatment is approximately 1 1/2 hours.

What to Expect During Treatment:

You may feel a sensation of deep heat, cold or tingling in your body where the Reiki practitioner has placed his/her hands. You may feel a mild sense of relaxation or nothing at all.

Each person experiences Reiki in a different way depending on what their body needs. Most people find Reiki is deeply calming and relaxing. Your breathing may slow, as in a peaceful rest; pain and swelling may be reduced;

Who is Reiki For?

Everyone can benefit from a Reiki treatment whether they are ill or not. A strong focus of this class is **self***treatment*. Reiki treats the body, therapeutically, and seems to be effective for:

- Pain, inflammation & swelling
- Breathing problems
- Heart, stroke
- Blood pressure problems
- Anxiety and stress
- Depression
- Menstrual cramps
- Cuts and bruises
- Headaches
- Seizures
- Cancer support
- Chemotherapy
- HIV and AIDS
- Hospice patients
- Pre & post operative stress/pain
- Trauma and shock
- Ear infections
- Hepatitis C

About the Instructor

Kim Erickson has practiced and shared Reiki for over a 20 years as a Usui Reiki Master. She holds a B.S. in Vocational Education, and specialized in Education, Training and Development from SIU-C. Kim is a dedicated student and teacher of the healing arts; she has also studied Therapeutic Touch, Polarity Therapy and earth energy chakra healing to list a few modalities. Kim participated in Re-evaluation Counseling for 15 years. She also trained in Jikiden Reiki in the first two levels since 2007—this is the Eastern form of Reiki from Japan.

Kim has been involved as a professional Reiki therapist in an NIH Reiki study and presented Reiki at Chemical Dependency and Human Service conferences, the Community Breast Cancer Center and taught First Degree Reiki for 10 years at local community colleges in Washington State. She has spoken to MENSA groups and extension site University health classes. She has also presented Reiki information and healing demonstration to several college students in the Paramedic, Nursing, Human Services and Police Academy fields.

In 2004, Kim completed a 4-year program at the North West School of Healing in Redmond, WA. In 2007, Kim began her journey training with the Modern Mystery School and she is currently taking a break with her recent relocation to Mesquite, Nevada.

Kim teaches Western Reiki and has been a member of The Reiki Alliance. Through this training, your lineage will be: Mikao Usui, Chujiro Hayashi, Hawayo Takata, Paul Mitchell – initiated in 1979, Kim Erickson (Reiki I & II); Phyllis Lei Furumoto – initiated in 1979, Norma Jean Young, Kim Erickson (Reiki mastery) initiated in 1996, ______(you).



17th Annual Mesquite Chamber Golf Reception & Invitational

August 5th Reception – Contests Starting @ 3PM Conestoga Golf Club – 1880 Grille – 1499 Falcon Ridge Pkwy

August 6th Invitational – Shotgun @ 7AM Conestoga Golf Club – 1499 Falcon Ridge Pkwy

Reception - \$20 pp includes appetizers and live music by Mike Rye or \$30 ticket to include Adult Beverage Tasting. (Horse Race Contestants get a free \$20 reception ticket included with their entry fee)

Open to the Public. This is a Great Networking Event with a Cash Bar, Appetizers, Live Music, Silent Auction and a 50/50 raffle.

Putting Course Contest and a Horse Race with Prizes



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