



Bear Facts

League of Women Voters
of the White Bear Lake Area



MAY UNITS Topic: Domestic Violence

A Husband Beating his Wife with a Stick – Circa 1360 - Google Art Project.png

One of the most persistent crimes today is violence or other abuse by one person against another in a domestic setting. Up

to the mid-1800s, with few exceptions, it was mostly legal for a husband to beat his wife as a form of authority over her. Starting in the 1990s, statistics on incidents of domestic violence helped raise awareness and the public and criminal justice system began to view family violence as a crime rather than a family matter.

Today there are laws on the books, police departments have procedures and victims can obtain orders for protection and restraining orders, yet police are spending a lot of time on domestic calls.

Our unit meetings in May will explore how the crime of domestic violence is handled by our local police. What is the extent of domestic violence? What do local police policies say? What happens when someone calls 9-1-1 about domestic violence? How do police and other agencies work together?

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May Units

**May 8: 12:30 PM NO Unit -
Incarnation Lutheran Church,
4880 Hodgson Rd. NO**

**May 9: 7:00 PM WB Lake Unit -
White Bear Lake City Hall
4701 Hwy. 61**

**May 10: 10:00 AM SCV Unit -
Stillwater Library, 224 3rd St N**

**May 13: 7:00 PM
Mahtomedi Unit - Unitarian
Universalist Church, 328 Maple
St., Mahtomedi**

POWER AND CONTROL GRID



The Power and Control grid illustration was developed by the Domestic Abuse Intervention Program (DAIP) in Duluth. They listened to the stories of victims, and documented the most common abusive behaviors or tactics that were used against these women. The tactics chosen for the wheel were those that were most universally experienced by battered women.

Annual Meeting Recap

In case you missed the annual meeting on April 18th, here are some of the highlights:

- Our guest speakers, Jennifer Bloom and Jessica Ellison, led us in group activity where we listed what we thought every citizen should know, do, and believe about government; then we ranked the three most important things from each list. Ms. Bloom pointed out that no one mentioned “run for public office,” as one of the important things we can and should do about government. We also learned about the current social studies standards being taught in schools including civic skills, and about current bills in the legislature this session



that have to do with civics education. Ms. Bloom is the Executive Director of Learning Law and Democracy, a nonprofit that advances civics education, and an adjunct professor at the U of M Law School. Ms. Ellison is a teacher-educator at the Minnesota Historical Society, President of the Minnesota Council for Social Studies, and White Bear Lake Area School Board member. She is also a member of the WBLA LWV of the White Bear lake Unit.

Jessica Ellison and Jennifer Bloom

We conducted the annual business of our local League by approving the 2019-2020 budget, all recommended bylaws changes, the current list of Program for Action positions, and the election of new officers and directors for the board of directors and the nominating committee

- The Revolving Bear award was given to Heidi Boyd, in recognition of her willingness to serve our local League and our community by being trained as a Moderator and moderating at two important candidate forums in the fall of 2018.
- Mary Ann and Jerry Linser won two tickets to the Lakeshore Players; their names were selected at random from those who paid their dues on time.
- We enjoyed the soups, salads, bread, desserts, and beverages provided by members of the White Bear Lake unit. Thanks to all who also helped with set up and clean up! And thanks to Liz Nordling for handling the check-in and payment process!



CONGRATULATIONS TO HEIDI BOYD 2019 RECIPIENT OF THE TRAVELING BEAR AWARD



Heidi Boyd (left) receives the annual Revolving Bear Award from last year's winners Lisa Larson and Mary Santi. Below: Presentation speech.

The Revolving Bear Award has been in existence 25 years, since 1994. It honors commitment and dedication to our local League. It will sit on our honoree's desk or mantle or windowsill until the Annual Meeting next year, when this year's winner will present it to the next honoree.

Our winner of this year's Revolving Bear Award has been a member since 2017. For years before that I invited--I badgered--her to join. She said "when my kids leave the nest then I will be all over it."

True to her promise, in 2017, with her daughter safely tucked away in college, she joined. Then our honoree became a rare thing—a thing most people shy from, you know, that public speaking thing. She was ready to jump right in. She attended training at LWV Minnesota for Candidate Forum moderators.

On Sep 6, with skill and confidence, she made her maiden voyage moderating at Shoreview Community Center (which was our first forum of the season) for Shoreview mayor and Council and also for Minnesota House district 42 A and B. Then on Oct. 25 she moderated the forum for Vadnais Heights mayor and council.

She didn't just join. She arrived at meetings with friends and neighbors in tow who she thought might also be interested in League of Women Voters.

Our winner works for Hennepin County in housing and homeless services. She is a beekeeper, captains a team for Relay for Life to benefit American Cancer Society and you will regularly see her riding her bike to the White Bear Lake Unit meeting at city hall.

I am very pleased to present this year's Revolving Bear Award to Heidi Boyd.

Welcome, New Board Members and Unit Leaders!

Lori Delahunt (North Oaks unit) is our new Director in charge of publishing the Bear Facts newsletter, and Margaret Westin (Mahtomedi unit) is our new Treasurer. These new board members were elected by the White Bear Lake Area members at the annual meeting on April 18th. They join returning board members, President Liz Lauder (White Bear Lake unit), Vice President and Publicity Director Joan Neumiller (White Bear Lake unit), Secretary Kathy Gaylord (White Bear Lake unit), Voter Service co-Directors Lori Soukup (St. Croix Valley unit) and Sarah Amundson (Mahtomedi unit), Membership Director Sharon Guiser (North Oaks unit), and Program Director Lisa Larson (Mahtomedi unit). Thank you, one and all, for your willingness to work and serve our members and support our local League!

We would also like to welcome Theresa Casey-Wolf (Mahtomedi unit), and Kathy Gaylord (White Bear Lake unit) as new unit leaders. They, along with Carolyn Folke (North Oaks unit) and Lori Soukup and Gladys Ritter (St. Croix Valley unit), keep track of the who, what, where, when, and how of all of the work that is done in the units. You are unsung heroes!

LWV Minnesota State Convention

The biannual LWV Minnesota statewide convention took place in St. Paul on April 27th and 28th. It was a chance for members of all local Leagues and state units of Minnesota to gather together to learn and conduct business. This convention was extra special because it marked the 100th anniversary of the founding of the League of Women Voters Minnesota! Six delegates from the White Bear Lake Area LWV represented us at the convention. They were: Carol Bergeson (North Oaks unit), Mary Santi (White Bear Lake unit), Miriam Simmons (St. Croix Valley unit), Laurie Boche (Mahtomedi unit), Lisa Larson (Mahtomedi unit), and Kathy Tomsich (North Oaks unit). WBLA President, Liz Lauder (White Bear Lake unit), also attended and represented the LWV Minnesota board of directors in her role as Secretary.

At the convention, delegates Lisa Larson and Mary Santi also advocated for LWV Minnesota to adopt a position on civics education, in concurrence with the Kentucky LWV. Surprisingly, LWV Minnesota's Program for Action positions do not mention civics education.

This has caused some frustration and confusion because Lobby Corps members (who are trained and empowered to lobby legislators on behalf of LWV Minnesota) have not been able to use a position from which to advocate for the bills on civics education that have been introduced this year. Lisa and Mary have championed the cause of civics education since they researched the topic for LWV WBLA last year. Their work is making a difference at the local and state levels!

Liz Lauder

COMMITTEES AND ACTIVITIES

Membership Committee News

WELCOME TO NEW MEMBER.....SHANNON MOORE

Shannon has lived her whole life in Minnesota. She grew up in White Bear Lake, lived for a short while in some neighboring communities, but returned to White Bear Lake because she loves the community. After high school she worked for Northwestern Bell and stayed with the phone company for 43 years, retiring last July. She attended St Kate's University, focusing on writing, women's studies, and theology.

Although she has never married, Shannon is close to her two sisters and brothers-in-law, and is delighted to have two nephews and a great-nephew. She enjoys visiting friends who live in other states, including Texas, California, and most recently Georgia.

Shannon has many interests, and now that she is retired, she is exploring new areas. Most recently taking drawing classes at the White Bear Center for the Arts. She loves animals and used to volunteer at the Animal Rehabilitation Center. Some years ago she adopted a parrot and later helped start MAARS, Midwest Avian Adoption Center and Rescue Services. Currently she has 17 birds, including 9 parrots, the oldest being Pee Wee, aged 34. The birds share the space with three cats, at present.

In addition to taking care of her animal companions, Shannon enjoys gardening and focuses on bee friendly plants, increasing the number of native plants in her yard. She also enjoys ancestry searches, scrapbooking, good food and exploring new restaurants.

Shannon said she attended a couple of talks sponsored by the LWV and decided to join after chatting with some of our members who encouraged her to become a member. She wants to become part of the League because, "It is not about us vs them. It's about issues that need to be resolved." She thinks being a member of LWV will help her in that quest.

Voter's Service Committee News

Sharon Guiser

Voter Service Event

The WBLA LWV was one of many organizations who participated in the Career Fair at Forest Lake High School last week. Volunteers visited with students, handed out pocket constitutions, and registered 15 new voters! Thanks to all who helped out.

Lori Soukup

More Membership News.....**NEW MEMBER BRUNCH**

The Membership Committee invited our League's ten new members to join us for a brunch in early April. These members joined during our recent League year. Through Mary Santi's powerpoint presentation we wanted to introduce our guests to the history of our League of Women Voters, to the structure of the League, and to our mission: we are a nonpartisan political organization that encourages informed and active participation in government and influences public policy through education and advocacy.

New members were informed of ways to participate in League activities and committees. They were made aware of ways to stay informed about the LWV. And they were encouraged to participate in Voter Service and Unit Meetings.

The brunch was a time for new members to get to know us and for our committee members to get to know the new members present. As you get to know the new members in your unit we hope you reach out to them and share your favorite ways to participate in League activities.

Membership Committee: Mary Santi, Mary Johnston, Carolyn Folke, Liz Lauder, Margaret Westen, Sharon Guiser



Don't forget to check out our Facebook page. We are currently posting replays from events that have already taken place. Check out our page, "like" it "share" it, "follow" it and post your comments on it.

LWV White Bear Lake Area also has a Website. You will find that at www.lwv-wbla.org. There you will find an events calendar, back issues of the Bear Facts, board information and an invitation and instructions on how to join. Our website is still under construction, so check back periodically for new information.

SAVE THE DATE
August 15, 2019
Poster-Making at the White Bear Lake
CENTER FOR THE ARTS



Save the date – Thursday, August 15, 6:00-8:30 PM – for a custom class at the White Bear Arts Center on making artful, mixed media posters to publicize the League of Women Voters **centennial celebration** in the White Bear Lake Area and elsewhere. One or more art instructors will guide LWV members in using a variety of mediums to collaboratively create each poster. Members can experiment with collage, painting, and drawing. Members also can add historically relevant LWV logos, photos, and other images to the poster design. Team building and encouraging creativity are the goals of this activity; an art background is not a prerequisite.

An email asking LWVWBLA members to say whether they plan to attend this custom art class will be sent midsummer. The cost is \$10 per person; the Arts Center can accommodate anywhere from 9 to 45 people. Please reply promptly to the email if you want to participate.

HELP NEEDED!!

The St. Croix Valley unit has prepared a directory of elected officials in their area. You can view the St. Croix Valley guide on our website at <http://www.lwv-wbla.org/wp-content/uploads/2019/03/They-Represent-You-St-Croix-Valley-02-2019.pdf>.

We would like to prepare a similar directory for the rest of our LWV White Bear Lake Area. That would include Minnesota Senate Districts 38, 42 and 43 and the counties, cities and school districts in those districts.

Can you help? Several people have already volunteered to help research the information needed. Work will be done in late spring-early summer. If you can help please contact Mary Santi, 651-426-5151, santi004@umn.edu

MORE HELP NEEDED.....

Please consider volunteering to write a short summary of the unit meeting you attend each month and submitting it to the Bear Facts editor by the next monthly board meeting. By sharing the contents of the unit meetings with the membership, our league will become more cohesive. Please let your unit leader know at the beginning of the meeting if you are willing to take notes and write a summary.



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Watch for information on the annual fall picnic hosted by North Oaks and scheduled for August. Attendees will get the scoop on plans and events coming in the 2019-2020 League year. Members will also have a chance to sign up for committees and activities during the year.

Don't forget the poster making activity on August 15th at the White Bear Lake Center for the Arts.

This is the last Bear Facts from this editor. I am happy to inform you that Lori Delahunt will be taking my place. It has been a pleasure to bring you our local LWWBLA news and announcements for the last 7 years. Thank you to all who have contributed articles and news, suggestions, proofreading and edits. A special thank you to Dick Ottman who delivered the BF to each of you.

Signing off: Gretchen Davidson

ALL MEMBER SURVEY

The survey below was presented to all members at the Annual Meeting on April 18. If you were unable to attend the annual meeting or were not able to complete the survey at that time, please complete this survey and bring it to your next unit meeting in May. If you are unable to attend the unit meeting, please mail this survey to: Joan Neumiller: - 224 72nd St N, Mahtomedi , MN 55115. Or Lisa Larson: - 11 Finlea Circle, Dellwood, MN 55110 *This survey may also be found as an attachment to the May Bear Facts.*

LWV WBLA Volunteer Survey Questions

1. What is your name?
2. Which unit do you attend?
3. I joined the League because:
4. I would like to be considered an:
☐ Active Member
☐ Inactive Member
5. What are your special skills/talents/interests that you would like to share with the League?
6. I am currently:
☐ Working full time
☐ Working part time
☐ Retired or not currently employed

7. As a grassroots organization, the League depends upon the work of its members to carry on its program. Please check all of the following areas are you interested in helping out:

- ☐ Assisting with planning events/meetings
- ☐ Helping the day of events/meetings
- ☐ Researching topics
- ☐ Writing press releases or social media posts
- ☐ Communicating with newspapers/media outlets
- ☐ Being a speaker, a moderator, a host
- ☐ Observing/monitoring local/state government
- ☐ Fundraising and/or outreach
- ☐ Serving on the LWV WBLA Board
- ☐ Helping manage website and/or social media

8. Please check all of the following issues you are interesting in learning about:

- ☐ Elections, campaigning, and voting rights
- ☐ Environmental issues
- ☐ 2nd Amendment rights/gun control, housing, health care, employment, etc.
- ☐ Civic Education
- ☐ History of the League and women's participation in politics
- ☐ Economic issues
- ☐ Immigration
- ☐ Other

9. It is important that we increase the number of volunteers working on an ongoing basis. Please rate the effectiveness of each of the following means of calling for volunteers (Rate 1-5 from Not Very to Very):

- ☐ Sign-up sheets at the August Kick-off picnic
- ☐ Sign-up sheets at the September unit meetings
- ☐ Notices in The Bear Facts
- ☐ Emails
- ☐ Phone calls
- ☐ Other

10. How can we make it easier and more desirable for people to volunteer for League activities?

11. In looking back at our 2018-2019 program, what did you like the most? What do you feel could be improved?

12. How interesting did you find each of our program meetings this year? (Rate 1-5 from Not Very to Very)

- ☐ September – Unit meetings on Fair Representation
- ☐ October – Unit meetings on Minnesota's Redistricting Process
- ☐ November – General meeting with Justice Paul Anderson on redistricting in MN
- ☐ January – General meeting with Expert Panel on Effective Citizen Advocacy
- ☐ February – General meeting with Immigration in MN with Mirelle Ceja-Orozco
- ☐ March – Unit meetings on Book discussion on The People's House, by David Pepper

13. Please comment on any or all of the meetings listed above.

14. Looking at the balance between general and unit meetings in the 2018-2019 program, would you prefer more general meetings, more unit meetings, both general and unit meetings in some months, or do you feel there were enough of each? Why?

15. Are you more or less likely to attend a general meeting, or your unit meetings? Why?

Sharing Recipes

President Liz Lauder is sharing the recipes for the two soups she brought to the annual meeting. Enjoy!

Lemon Chicken Orzo Soup

From ReneePaj on [allrecipes.com](https://www.allrecipes.com)

<https://www.allrecipes.com/recipe/233968/lemon-chicken-orzo-soup/?internalSource=hub%20recipe&referringContentType=Search>

Time: 1 h 20 m. Yield: 12 servings 167 cal

Ingredients

- 8 ounces orzo pasta
- 1 teaspoon olive oil
- 3 carrots, chopped, or more to taste
- 3 ribs celery, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- salt and ground black pepper to taste
- 1 bay leaf
- 3 (32 ounce) cartons fat-free, low-sodium chicken broth
- 1/2 cup fresh lemon juice
- 1 lemon, zested
- 8 ounces cooked chicken breast, chopped
- 1 (8 ounce) package baby spinach leaves
- 1 lemon, sliced for garnish (optional)
- 1/4 cup grated Parmesan cheese (optional)

Directions

1. Bring a large pot of lightly salted water to a boil. Cook orzo in the boiling water until partially cooked through but not yet soft, about 5 minutes; drain and rinse with cold water until cooled completely.
2. Heat olive oil in a large pot over medium heat. Cook and stir carrots, celery, and onion in hot oil until the vegetables begin to soften and the onion becomes translucent, 5 to 7 minutes. Add garlic; cook and stir until fragrant, about 1 minute more. Season mixture with thyme, oregano, salt, black pepper, and bay leaf; continue cooking another 30 seconds before pouring chicken broth into the pot.
3. Bring the broth to a boil. Partially cover the pot, reduce heat to medium-low, and simmer until the vegetables are just tender, about 10 minutes.
4. Stir orzo, lemon juice, and lemon zest into the broth; add chicken. Cook until the chicken and orzo are heated through, about 5 minutes. Add baby spinach; cook until the spinach wilts into the broth and the orzo is tender, 2 to 3 minutes. Ladle soup into bowls; garnish with lemon slices and Parmesan cheese.

Kale, Turnip, and Turkey Sausage Soup

From Kristine Fretwell, Busy But Healthy food blog

<https://busybuthealthy.com/kale-turnip-turkey-sausage-soup/>

Total time 25 mins. Yield: 8 cups.

Ingredients

- 5 uncooked mild Italian turkey sausages (500 g)
- ½ a bunch of kale leaves, chopped about 3-4 leaves
- 2 cups turnip, peeled and chopped
- 1 cup onion, chopped
- 1 cup carrot, chopped
- 2 cups low sodium chicken broth
- 1 cup water
- 1 tsp thyme (dried)

Instructions

1. In a large soup pot, heat to medium high heat.
2. Remove the raw sausage from its casing and put into the pot. Breaking it up with a [wooden spoon](#) or potato masher.
3. Once the sausage is about ½ cooked, add in the onion, turnip and carrot and thyme and cook until the vegetables begin to soften (about 5-7 minutes).
4. Then add in the chicken broth and water.
5. Cover and simmer until the vegetables are completely soft (another 10 minutes or so). When there's about 5 minutes left in cooking, add the chopped kale (remember to strip it from the stem)

Nutrition

Serving size: 1 cup Calories: 141 Fat: 6.2 g Saturated fat: 1.3 g Carbs: 10.6 g Sugar: 2.2 g Sodium: 371 mg Fiber: 3 g Protein: 12 g Cholesterol: 45 mg

