

**Calendar of Events**

- October 23, 2004 - Tour of the Minnesota Power hydroelectric power plant in Jay Cooke State Park.
- November WDSE Pledge Drive
- December 8- Holiday Social.
- January- AWIS Share/ Potluck and History Presentation.
- February- Retreat

**A Note From The Desk of Deserae Hendrickson:**

Dear AWIS embers,

I am looking forward to a fun and productive year working together with you! I want to give a special thanks to Jane Wattrus, who graciously hosted our September kick-off meeting at her house and to Laura Solem for making sure we had plenty of Chinese food to eat. It was great to see all the familiar faces, as well as to get the chance to meet some new ones.

Once again we have a busy year ahead- please see the summary of meetings planned in this newsletter. Thanks to our webmasters, Stacey Stark and Valerie Brady, we now have a wonderful site to refer to for upcoming events as well as information on our chapter and it's mission. I would like to encourage all the new members to also sign up for the AWIS list-serve, as this will enable you to keep up on reminders for upcoming events, as well as find out about interesting job opportunities, lectures, etc. which are posted by other members. Feel free to post announce-

ments you may run across which you feel may be interesting to other members as well. This is one of the best ways for us to continue facilitating networking between our members, which is a goal for both our chapter and National AWIS.

At our September meeting, we decided on some exciting changes for our chapter scholarship awards. I am excited at the prospect of potentially reaching and influencing the path of many young women at once. I encourage you to read about these changes in more detail in this newsletter, as well as on the website.

Enjoy what's left of fall and I hope to see you soon at an upcoming meeting!

Deserae

Here Is Your  
AWIS Executive  
Council

- Deserae Hendrickson- President
- Valerie Brady- President Elect
- Laura Solem- Treasurer
- Anett Trebitz- Secretary
- Valerie Brady & Stacey Stark- Webmasters
- Zandy Zwiebel & Wendy Grethen- Newsletter



**Tour the Minnesota Power  
Hydroelectric Plant  
in Jay Cook State Park**

**October Meeting**

Saturday, October 23rd 9:30 AM

Meet at the Jay Cooke Park Visitor Center / Park Headquarters

RSVP to Deserae Hendrickson at [desron@direcway.com](mailto:desron@direcway.com)  
(Details on page 2)

## AWIS October Meeting: Our Source of Power

by Deserae Hendrickson

Our October meeting will be a tour of the Minnesota Power hydroelectric power plant in Jay Cooke State Park. Kris Hiller, the park naturalist gives a very interesting 1 1/2 hr auto caravan tour. For over 95 years Minnesota Power's Thomson hydroelectric station has been providing electricity for surrounding communities. When it was first built it was second only to Niagra Falls in power output. Learn about this engineering marvel by touring the dam, canal and power-plant. Along the way we'll discuss the history, engineering and electrical production of Minnesota's largest hydroelectric powerplant.

We are sure to see some nice fall colors too, as a good part of the tour is outdoors!

Date: Saturday, October 23rd

Time: 9:30 AM

Place: Meet at the Jay Cooke Park Visitor Center/Park Headquarters

Please RSVP to Deserae Hendrickson at [deseron@direcway.com](mailto:deseron@direcway.com) (or call her at 879-0024) by Oct. 22 if you plan on attending. Please indicate in your email if you would like to car pool from Duluth.

## AWIS History at January Meeting - We Need Your Help!!!

Revised message from Ginny Snarski

During our 2004 spring retreat, some of our conversation wandered to previous retreats, the where, who and what. As we talked, we realized that our AWIS chapter has been around for quite a long time but we couldn't quite recall the specific details for many past events. Penny Morton and I still recalled the first organizational meeting but were fuzzy about exactly when it was and who was there. As we shared memories of current or previous members and tried to recall all the activities we've done as a chapter, I suggested that it might be interesting and useful for someone to try to pull together a history of the chapter.

presentation of the LS Chapter history. I have agreed to spearhead this project by eliciting input (memories & records) from current members, asking for pictures, and other documental to combine in a poster or other such presentation. I hope to include history from the very start to the current time. Any and all input, suggestions, ideas are needed-many of you are probably much more creative than I.

PLEASE HELP! Contact Ginny Snarski ideas and information at [dbathel@cpinternet.com](mailto:dbathel@cpinternet.com) or 529-5116 (wk) or 525-5037 (hm).

One of the goals for our January meeting will be to provide a

## AWIS-LSC Grant Will Support Local Science Teachers Who Encourage Girls in Science

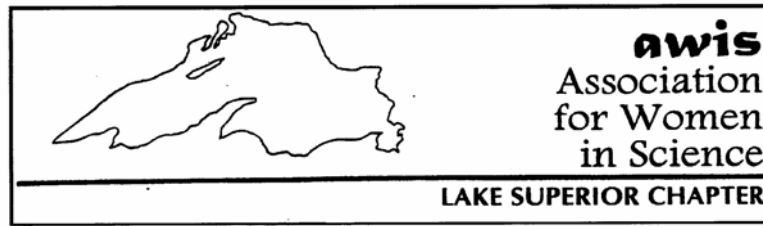
by Valerie Brady - Grant Committee Chair

While the details are still a bit fuzzy, we have decided to change our scholarship to a grant to be awarded to junior and senior high school science teachers. This decision was reached after much discussion by the scholarship/grant committee and at the fall AWIS meeting. The grant can be used for equipment, supplies or teacher training, and will be awarded to the teacher(s) with the best plan for using the award to encourage young women in science or math. We typically have a couple of hundred dollars to award.

funds, we will have two deadlines: at the end of summer break and at the end of Christmas break.

The grant committee is working on an announcement and application instructions that will hopefully be ready by the end of October. These items will be posted on the website and mailed/emailed to local schools and teachers.

We will give priority to junior high science teachers for this first round because there is research indicating that girls start to drop behind in science around 6<sup>th</sup> - 8<sup>th</sup> grades. For this year we will probably have only one application deadline, most likely at the end of Christmas break. Next year, if we have sufficient



- Please sign up now to get on the AWIS-LSC group e-mail list by visiting <http://groups.yahoo.com/group/> or send a blank e-mail to [AWIS-LSC-subscribe@yahoogroups.com](mailto:AWIS-LSC-subscribe@yahoogroups.com) This is our main way of communicating between newsletters.
- Fill out your registration form today and bring it to the first meeting or mail it to Laura Solem (address on back side of this announcement)
- Please check your mailing label— the date and year listed are the date and year you last paid dues. If it has been more than one year since you paid your dues, please pay them ASAP!!

AWIS MEETING	WHAT
October Meeting	<b>October 23, 2004 Tour of Minnesota Power Hydroelectric Dam</b> Meet 9:30 am - Jay Cooke State Park Headquarters. To RSVP and for more info contact: Deserae Hendrickson at 879-0024 or <a href="mailto:desron@direcway.com">desron@direcway.com</a> .
November 2004	<b>November 29-December 3 Pledge Drive</b> WDSE Pledge drive for public television. Keep an eye on the listserv and web site for dates and times. If you would like to help contact Laura Solem at <a href="mailto:laura.solem@pca.state.mn.us">laura.solem@pca.state.mn.us</a> .
December Meeting	<b>December 8- Holiday Social.</b> AWIS Holiday Social with free appetizers.
January Meeting	<b>January- AWIS Share/Potluck</b> Ginny Snarks will give a presentation on our chapters history. Please pass on any info or pictures you have to Ginny ASAP. We are also looking for other volunteer presenters. Contact Deserae Hendrickson at <a href="mailto:desron@direcway.com">desron@direcway.com</a> .
February Meeting	<b>February- Retreat.</b> Plan on joining us for good company, homemade pizza, dominoes and lots of fun in the snow!
March Activities	<b>March- Science Fair Judges Wanted</b> (usually the first weekend in March). Contact Marsha Meiners-Patelke if you want to help.
May Meeting	<b>May- Book/Plant Fundraiser</b> Bring a dish to pass for a potluck dinner as well as your plants and books for the sale! Meeting will be held at Deserae Hendrickson's house in Esko.

## What is the “FUN”damentals Center?

by Barb Sheedy

The *FUNDamentals Center* was established as the PLUS Center by the College of St. Scholastica, in collaboration with the Bush Foundation, in March 1991 in response to the need to facilitate participation in STEM (=science, technology, engineering and mathematics) for underrepresented youth in northeastern Minnesota and northwestern Wisconsin. Many of you have either participated in PLUS Center programs or brought your children to their events. The PLUS Center mission focused on promoting STEM among the underrepresented in science, with underrepresented groups including females, communities of color and people from low-income families and rural communities. This mission is accomplished through: (1) enhancing the ability of teachers to support female, low-income, and minority achievement, (2) increasing interest and involvement in math and science among students and their families through informal activities, and (3) increasing the availability of equitable science and mathematics education for teachers, students, families and other informal audiences. FUNDamentals is a community wide response to strengthen and reform K-12 STEM education by working with school districts to improve informal and formal STEM education delivery; communities to leverage funds, equipment and expertise; and higher education to improve teacher education. In June 2001 under the guidance of the College of St. Scholastica, the PLUS Center transitioned into FUNDamentals, an independent non-profit that facilitates informal STEM programming region wide.

FUNDamentals has a decade of experience in developing, implementing, and evaluating informal programs designed to

strengthen STEM competencies. FUNDamentals provides a “pipeline” of informal programming to youth linked in a progression for students in grades pre-K through twelve and is designed to make science and mathematics engaging and exciting for participating youth. Long-term evaluation indicates this type of programming has a positive effect on career choices which include, but are not limited to Biology, Architecture, Biochemistry, Civil Engineering, Aquatic Toxicology, Chemistry, Geology, and Computer Science.

Currently, the target audience for FUNDamentals is approximately 5,500, K-12 underrepresented youth from the Duluth Public Schools attendance area who participate in after-school activities at area youth serving organizations and schools. (This project defines underrepresented youth as low-income, communities of color and girls.) The target audience attends after school activities provided by community organizations or agencies. Parents, staff, and teachers are also an important secondary audience for the project, in view of the critical role that they can play in encouraging children. Teachers will be trained to develop hands-on skills and STEM competency transferable to working with underrepresented communities in the formal classroom. In the next AWiS newsletter, the individual FUNDamentals’ programs will be described.

For more information on how to volunteer or support FUNDamentals, please call Barbara Sheedy, Chair, Board of Directors, 728-3298 or Christine Penney, FUNDamentals Director, 525-6970.

## AWIS National Update

Compiled by Deserae Hendrickson

The following is a summary recently sent to us by National of some upcoming goals they plan to work on during the next several years.

National Association for Women in Science  
Mission Statement and Organizational Goals - October 2004

"The Association for Women in Science is dedicated to achieving equity and full participation for women in science, mathematics, engineering and technology. We are a Network, a Resource, and a Voice."

From 2005 - 2010, National will focus on:

- Connecting, supporting and mentoring women in science at all levels
- Identifying areas of inequity and building awareness of

- Nominating qualified women candidates for key positions in other organizations
- Influencing policy

National plans to achieve these goals by:

- Building coalitions among US women's STEM committees and networks
- Leveraging the knowledge and experience of our members, chapters and broader network
- Gathering data on issues relevant to women in STEM and disseminating information and advice
- Leveraging our Washington, DC location
- Building awareness of AWIS

## AWIS Want Ads - Members Need Your Help!!!

by Barb Sheedy

The FUNdamentals Center is desperately in need of storage "stuff"; i.e. file cabinets, bookcases, metal utility shelves, cardboard file boxes, very large plastic tubs, storage bins, any kind of filing, storing, organizing, stuff that is in need of repair, a new home, long-term temporary storage, etc.

They are also in need of help during a "clean up and organize day" at Chester Park, where they will target a great deal of unpacking, sorting, organizing, discarding yet to be done.

If you have any items you would like to donate, or can spare

some time to help with the clean up and organization, please contact Barb Sheedy at Sheedy.Barbara @ epamail.epa.gov

You may also contact Christine Penney at the FUNdamentals Center for Science, Technology, Engineering and Math Enrichment, 9305 Congdon Blvd, Duluth, MN 218-525-6970 or christinepenney@earthlink.net

### *Fall Harvest Recipes !!!*

#### ***Crab Apple Treats from Terri M. Jicha***

With Crab Apple crops at a peak this year the question is what do you do with all of them. You could let them lie where they fall and invite all sorts of critters to your yard or you can make these two delicious items for your enjoyment.

#### **Crab apple jelly**

Half or quarter crab apples add water to cover, but not float apples. Bring apples and water to boil and then simmer for 30 mins. Filter juice through a jelly bag into clean kettle.

Return juice to stove bring to boil add:

4 cups of sugar

1 pkg pectin

simmer for 10 minutes

Skim off foam if necessary. Ladle jelly into hot sterile jars and seal jars in canner (or flip jars upside down for 10 minutes they should self seal).

#### **Crab Apple Liquor**

In a pint jar: 1 cup of Sugar

3/4 cup of Vodka

1 cinnamon stick

Fill to top with 1/2 or 1/4 cut Crab Apples

Cover jar and place on its side. Rotate 90 degrees a day for two weeks. After two weeks filter liquor through a coffee filter or jelly bag. Very yummy.

#### ***Cindy's Favorite Zucchini Bread for Cindy Hagley***

#### **Pineapple Zucchini Bread**

1 C. oil

3 eggs 2 C. Sugar

2 tsp. vanilla

2 C. chopped zucchini

1/2 C. well drained crushed pineapple

2 tsp. soda

3 C. flour

1 1/2 tsp. cinnamon

1 C. chopped nuts

1 C. raisins (if desired)

1 tsp. salt

1/2 tsp. baking powder

3/4 tsp. nutmeg

Beat together oil, sugar, eggs and vanilla. Add zucchini, pineapple, and dry ingredients. Stir in nuts and raisins. Grease and flour 2 bread pans. Spoon dough into pans, leveling with a spoon. Bake at 350 for 1 hr. until they test done. Cool for 10 minutes before removing from pans. Cool on wire rack. Makes 2 loaves.

**AWIS-LSC**

557 West Wabasha Street  
Duluth, MN 55803

**AWIS-LSC MEMBERSHIP FORM**

Enclosed is my payment \$\_\_\_\_\_ Enclosed is my contribution \$\_\_\_\_\_ for the AWIS Scholarship

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Where would you like to receive the newsletter? (home / work)

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Affiliation: \_\_\_\_\_ Area of Interest/Expertise: \_\_\_\_\_

Can we include your contact information in a published directory? (yes / no) On our website? (yes / no)

**Please return to:**

Laura Solem, AWIS Treasurer  
4734 Mc Comber Road  
Duluth, MN 55803

**Dues:**

\$10.00—Professional Member  
\$5.00— Student Member  
The membership year runs from Sept to June