



LEAGUE OF WOMEN VOTERS® OF NEW ORLEANS LEAGUE ESSENTIALS

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***EXCITING NEW PROGRAM* SATURDAY MORNING MENTORING**

Starting in September, Leaguers and other knowledgeable community members will be delivering monthly talks in their areas of expertise. There will be a discussion following and plenty of time to ask questions. The program is free and open to the public, so please bring interested friends and family. The location is Flora Blackstock's home at 3213 Grand Route St. John (251-1544). Please call Anne Redelfs at 232-9787 if you want to speak or would like to recommend someone.

“If I Can Do It, So Can You!”

By Ann Meese

Do you have grandchildren that you want to contact on the net? Do you have children who think you are hopelessly inept because you're not connecting by email? Would you like to check out ebay? I won't promise we can do that all in one sitting but we'll take a simple survey to see where you are as a group and start from there. Join me Saturday morning, September 12, at 9:30 to learn how to actually enjoy using your computer. If you put off writing letters or memos, answering email, or exploring the World Wide Web, come and take this step with me into exploring the wonders of modern technology. I'll have written directions as well as show you on a computer. I'll be available by phone or email after the meeting to answer any later questions. If your computer isn't connected yet, or if you haven't an Internet provider, I'll also give you a few suggestions. You can do it if I can do it. If you have questions now, just give me a call at 218-8985. Hope to see you there!

Testosterone in the Workplace

Survival in a Man's Domain

Lea Young

“And whose little secretary are you?” asked the local newspaper editor. “The feature article was thus headlined, “Lea Young is Nobody's Secretary!” I am the city planner who subsequently was interviewed by the Columbia Tribune's ace gal reporter. Of course, this was 40 years ago, and much has changed. Sexism like racism has become a much-discussed subject for discourse and perhaps dismissal. Mark October 10th on your calendars for a fun-filled morning of vignettes in the life of one woman who went from working with men to bossing them. It is a story of transition - perils fret with tears, anger, laughter and many memories! Bring your own stories to share and compare.

President's Column: New Year, New Beginnings

Our board has been very busy since the June 6th Annual Meeting. We just had our organizing/planning meeting on Wednesday, August 12th, at the LWNVO office, and we finished a series of Voter Service Committee meetings, which will resume in October.

We have many wonderful events planned. This is an election year for 2009-2010, and we are working on mayoral and issues forums, voter registration events, and other activities of great interest to everyone in New Orleans and the greater New Orleans area. These events include a planned outing to the Lower Ninth Ward to see the Make It Right houses and Bayou Bienvenue, a New Members' meeting on September 26th (see below), and Mentoring Network programs on the second Saturday of every month. Please check our events and Voter Service calendars to see what we have scheduled. I hope you'll plan to attend.

We're also wanting to start an Ad Hoc Committee of party planners to start making preparations for our League's 90th birthday celebration in March of 2010. Please let me know if you'd be interested.

We look forward to this active and exciting LWNVO year. We have a great board, and we encourage everyone to get involved.

Wendy King

Join Us at the New Members' Meeting

Please come to our **coffee and pastry celebration** of new membership on **September 26th**. The new members' orientation will begin at 9:30am followed by a general membership meeting at **10am**. Directions to **Karen Wimpelberg's home** at 27 Fountainebleau Drive: Get off of I-10 at the Carrollton Avenue Exit going South. Take Carrollton towards the river and take a left on Fountainebleau (between Belfast on the North and Nelson on the South (Nelson is one block from South Claiborne).

Introducing Our New Board Members

Lela Cloud Neff is delighted to be once again taking an active role in the League. She is currently teaching yoga at Balance Yoga and Wellness on the corner of Carrollton Avenue and Oak Streets: Balanceyogawellness.com. She has a particular interest in working with the League to make New Orleans a healthier, happier and greener place to be.

Judy Fisher moved to New Orleans from Rockford IL in 1998 (her paternal grandmother was born in the Houma/Thibodeaux area). She is a local real estate broker, starting her business in New Orleans in 2003. Her work background includes nursing and woodworking manufacturing. She lived in the French Quarter from 1998-2005 and served on the Board for the Friends of the Cabildo from 2001-2004. Before moving here, she worked and helped organize several political campaigns in the Chicago area from civil court judge to congress. Her primary focus has been reproductive rights.

LWVNO 2009-10 Meeting/Events Calendar:

September, 2009

- 12th Mentoring Network: Survival Skills For Computer Dummies, by Ann Meese
9:30 a.m. Flora Blackstock's home, 3213 Grand Route St. John.
Phone # 251-1544
- 19th LWVNO Board Meeting, 8:30 a.m., at LWVNO Office 1215 Prytania Street,
Ste 224
- 26th New Members Meeting, 10 a.m.-12 noon, Karen Wimpelberg's, 27 Fontainebleau Drive
Coffee and Pastries. RSVP 581-9106

October, 2009

- 10th Mentoring Program: Survival in a Man's Domain, by Lea Young;
9:30 a.m. Flora Blackstock's home, 3213 Grand Route St. John
- 17th LWVNO Board Meeting, 8:30 a.m., at LWVNO Office.
- 24th Field Trip to Lower 9th Ward, to see Bayou Bienvenue and Make It Right homes.
10 a.m. Sack Lunch at Linda Santi's house on 400 Egan Street
Phone: 581- 9104

November, 2009

- 10th Bottle and a Buddy: Meet the Legislators, 6:30PM, Location TBA (if you know a place
to host this event, please call the League office).
- 14th Mentoring Network: How to Look at Art and Know What You See, by Pat Kimmel
9:30 a.m. Flora Blackstock's house, 3213 Grand Route St. John.
- 21st LWVNO Board Meeting, 8:30 a.m. at LWVNO Office.

December, 2009

- 12th Mentoring Network: Look Like You've Lost Ten Pounds in Only Two Hours!
(Improving Your Posture Through Yoga), by Lela Neff. 9:30 a.m. at
Flora Blackstock's house.
- 13th Holiday Party 3-5p.m.

Important Dates for 2010

- Saturday Morning Mentoring: The second Saturday of every month, except February (Mardi
Gras). Location: Flora Blackstock's home.
- Board Meetings: Jan. 16th, Feb. 20th, Mar. 20th, Apr. 17th, May 15th
- General Meeting: Apr. 13th
- Annual Meeting: June 5th

JOIN THE VOTER SERVICE COMMITTEE

The next general voter service committee meeting will be October 13, 6:00 pm at the League office, 1215 Prytania, Rm 224.

Fall brings several activities related to the coming spring local elections. Once again we will be gathering candidate information for the website at www.lwvno.org. There will be plenty of one-time tasks for volunteers, and anyone who wants to participate is welcome to join the committee. Do we have anyone that would like to re-design our election information flyer?

A committee will be compiling questions and issues to be used for the candidate questionnaires and the debates. Dorothy Smith is chairing this committee. All members of the League can submit question suggestions. Send the suggestions to www.lwvno@bellsouth.net. Be sure to put your topic in the subject line.

The voter registration committee will be conducting voter registration in November and early December. Patty Andrews is chairing this committee. Various sites are being checked for location. Volunteers will be needed to staff the tables, usually on Saturdays. Saturday, December 5th, the League will be registering voters at the Freret Street Market and on December 12th, the Sankofa Marketplace in the Lower 9th Ward.

December 9-11, the League will be stationed at the Orleans Parish Courthouse to distribute information packets to all the candidates qualifying to run for office. Volunteers will be needed for two to three hour shifts. It is a great time to meet the candidates.

December 15, Tuesday, 7:00 pm, Xavier University Student Center Ballroom, Mayoral debate. This debate will be open to the public and all the mayoral candidates will be invited. The co-sponsors with the LWVNO are the National Council of Jewish Women, Common Good, Urban League, CBNO/MAC and 504ward.

This is just the beginning as we move into 2010. Be ready to join the excitement!

Linda Walker

Can You Believe . . .

A husband and wife team, George and Majorie De La Warr performed an experiment on oats seeds where they told their assistants that half the seeds were planted in vermiculite that had been irradiated with nutrient energy and half were planted in untouched vermiculite. The seeds planted in the irradiated vermiculite were expected to grow faster. In reality, none of the vermiculite was irradiated. Their report: "Though every one of the oat seeds had received no nutrient energy other than that provided by the soil itself, the De La Warrs were excited to note that the seedlings in those pots which the assistants believed to contain treated vermiculite were coming up faster than the others. Human belief that a plant might grow faster was apparently acting as a nutrient to actually produce faster growth. Thought was a food!"

The Secret Life of Plants, by Peter Tompkins and Christopher Bird

LOOKING AHEAD TO SPRING 2010 ELECTION ACTIVITIES

December 5: Voter Registration, Freret St. Market

December 9-11: Candidates Qualify for New Orleans Municipal Elections
LWVNO staff table at Courthouse to distribute candidate website packets.

December 12: Voter Registration, Sankofa Marketplace, Lower 9th Ward

December 15, 7:00 pm Tuesday: Mayoral Debate, Public invited

January 6: Last Date to Qualify to Vote in New Orleans February 6 primary

Week of January 11: Release of New Orleans Candidate data on website

January: TBA: Debates for Council-at-Large and Assessor; Issues specific forums, like for mayoral candidates (if interested, call Francine at 834-2612)

January 23-30: Early Voting for Orleans Primary Election

February 2: Last Day to Qualify to vote in March 6 New Orleans General Election

February 6, Saturday: Primary election for New Orleans Municipal Candidates

February 2-5: Qualifying for Jefferson Parish Candidates

February: Possible Mayoral TV debates

February 20-27: Early Voting for Orleans General Election

February 24: Last Day to Register to vote in Jefferson Parish Primary

March 6: New Orleans Municipal General Election

Second Week in March: Website release of Jefferson Candidate information

March 27: Jefferson Parish Primary Elections

March 31: Last Day to Qualify to Vote in Jefferson Parish General Election

May 1: Jefferson Parish General Elections

Special Thanks to Janet Freeland for taking on the role of Essentials publisher!

MANY THANKS to Dorothy Smith for her generous donation
to our Education Fund.

LWVNO BOARD 2008-09

President: Wendy King, 1st VP: Renee Smith, 2nd VP: Francine Giugno, Secretary: Lela Neff, Treasurer: Judy Fisher, Directors: Linda Walker (Voter Service), Ann Meese, Linda Santi.
Essentials Editor: Anne Redelfs. Office: 1215 Prytania Ste 224, NOLA 70130, Phone & Fax: 504-581-9106,
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Available for Best Offer:

Computer, Monitor, Printer, and mouse are at the LWVNO office. All are in very good condition. Software programs are installed which are useful for word processing, accounting, and very basic (no graphics) emailing.

Please call LWVNO office at 581-9106, and leave a message, if you're interested in this computer system.

Thanks so much.
Wendy King
LWVNO President

If anyone is interested in volunteering their time to put together a website for the new Saturday Morning Mentoring Network (so the experts can continue answering questions and providing helpful tips) – Please contact the League office (see above).