

NORWICH WOMEN'S CLUB

Community Service Since 1907

MAY 2013

President's Message

Bumper stickers are a good way of getting people's attention. We treasure our older members, but have been making an effort to attract some of the younger women in our community.

I suggested replicating the popular bumper sticker that asks "How Are We Doing?" Isabel McCarthy suggested a better message: "We are not your mother's Women's Club!"

A few weeks ago Geneviève Verlaak-Graham hosted a lunch for a group of her women friends to find out what they knew about the Women's Club and what it would take to get them involved. Here are some of their responses:

- I thought you had to live in Norwich to be a member – *All our publicity invites "women of the Upper Valley" to join*
- I had no idea how much the Women's Club gives back to the town – *Last year we gave \$56,000 to the town between scholarships and community grants*
- We communicate with each other on Facebook – *The Club has had a Facebook page for the last few years; Sheryl Stotland was kind enough to spend a few hours giving me Facebook lessons so more people can know what we are up to*
- The best recruiting device for new members is a personal invitation to join – *Any random poll of our members finds that most people joined when someone took them to a meeting*
- An evening event, after work and after the family has been fed, works best for younger women – *A pilot evening of wine and apps in the Wine Cellar of the Norwich Inn is planned to talk about the good things the NWC does*

In addition to the comments above, we are augmenting our newsletter to include other interesting things to read along with a report on NWC happenings. Did you enjoy the Barefoot Gourmet's recipes last month? I made his crab cakes in appetizer size and they were delicious. Tips from Barry Clarke – use a cookie scoop to get uniform small sizes, and add extra breadcrumbs to keep the crab together. Instead of frying them, you can bake them in a 400° oven – either free standing or in mini-muffin tins.

We are inaugurating a new feature this month. We thought it would be interesting to learn more about our members. So many NWC women have such varied backgrounds! Look for the life story of Marni Adhikari in this month's newsletter. And her life is just beginning!

Finally, read the history of the NWC, written in 1989. We have been around since 1907, and remain vital by keeping up with the times. Next year our historian, Holly Sateia, plans to update the Club's history into the 21st century.

I hope to see many of you on June 12th at our annual meeting. Invite a friend or neighbor to come with you – she doesn't need to be a member.

Arline

NWC Calendar

Coffee at the Norwich Inn
Monday 06/03/13
10am–11am

NWC Board Meeting Schedule
Arline Rotman's home
Monday 05/13/13
6pm–9pm

*SAVE THE DATE FOR THE
ANNUAL MEETING:
Wednesday 6/12/13 AT
PAULA SCHLEICHER'S HOME
Invitation with details
to follow*



Coffee and Conversation

We are offering coffee and conversation at the Norwich Inn on the first Monday of the month – we do hope you will join us on June 3rd, from 10am to 11am.

This is open to women of the Upper Valley whether or not members of the Women's Club, so do bring a friend and encourage any newcomers you know. For best planning, it would be helpful if you are able to RSVP to Sue Spademan, SSpademan@gmail.com.

We thank the Inn for their warm welcome.

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NWC \$\$\$\$ AT WORK: THE ROOT SCHOOLHOUSE

Last year the Root Schoolhouse received a NWC Community Projects Fund Grant for architectural plans. Now 2013 promises to be a big year for the Root Schoolhouse, possibly its most eventful since 1952, when the building was deeded by the school board to the Root District Game Club. One reason is that the building has been nominated to the National Register of Historic Places, and a decision on this nomination is likely to come before the end of the year.

Another reason is that Root and Beaver Meadow Schoolhouses organizers are collaborating with CATV and Historic New England to make a documentary about the history of Norwich one-room schoolhouses, which we expect will be completed this year. These two projects will help us honor Root Schoolhouse's history and raise awareness about the building throughout the community.



MEMBERSHIP

We welcome warmly our newest members: Terri Ashley, Katie Friedland, Linka Lewis, Tracy Smith, Marieke Sperry, Signe Taylor.

It has been over ten years since we increased our annual dues. This year the Board voted to raise them to \$20 to meet increased fixed expenses and to allow us to bring you more programs without affecting either the scholarship or the community projects funds. You will shortly be receiving your dues renewal envelope for payment of your next dues to match our fiscal year of June 1st, 2013 to May 31st, 2014. Please respond promptly!

Remember, your membership dues give you the Membership Directory and Newsletters, as well as discounts on our Museum Trips, the Book and Author Luncheon, and the Spring Gala.

If you know anyone who is interested in becoming a member, you and she will find more information on our website – www.norwichwomensclub.org. And I am happy to answer questions.

Sophia Crawford,
Membership Chair
sophiajrcrawford@gmail.com

NWC MEMBER PROFILE

Marni Adhikari is a new member of the NWC, a new mom with a three-month-old baby, a new resident of Vermont, and has opened a new acupuncture practice right here in Norwich, all within the last six months. (CONTINUED NEXT PAGE)



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NWC MEMBER PROFILE (CONTINUED)

Her journey from her childhood in New York to the Upper Valley took many years and many thousands of miles. It began with Marni trying to figure out what to do with her life. She had an early fascination with science and then medicine, but knew that medical school was not the answer. After earning a degree in psychology from the College of Wooster in Wooster, Ohio, she decided to volunteer for a non-profit to help her make a decision. She joined Americorps and moved to California where she spent two years working as the volunteer coordinator for the Food Bank of Monterey County. It was during that time she was attracted to acupuncture for its unique ability to treat the whole person – physically, mentally and emotionally. She describes acupuncture as “healing from within. It stimulates the body’s natural healing processes and shifts the body’s attention so that the body heals itself.”

After enrolling in an introductory acupuncture program in Hartford, Vermont, she found that she loved the field. “It was what I was supposed to do,” she recalls feeling at the time. After her first semester, however, the school closed and she took a break from school. She moved to Philadelphia where she studied natural foods, learned and taught yoga, and became a certified massage therapist, which she practiced for three years. But the call of acupuncture persisted and she decided to complete her education and training in that field. She earned a Master’s in Acupuncture in 2008 from the Tai Sophia Institute (a 3½-year program), and upon passing the national boards, became a Diplomat in Acupuncture through the National Certification Commission for Acupuncture and Oriental Medicine. She stayed in Maryland for two years where she established a successful acupuncture practice.

With her career path now secure, Marni decided it was time to pursue a long-held interest in travel. She closed her practice and went to Nepal for a year to volunteer for the Worldwide Organization for Organic Farms, living on two different farms while she was there. On one farm, she learned about herbal medicine from a family that had been village doctors for many generations. In exchange, she provided them and their community with acupuncture services. She then joined the international community in Pokhara and started a community clinic providing acupuncture services for trekkers and tourists. While living in Pokhara, she also did a two-week trek through the Himalayas on the Annapurna Circuit, which she describes as incredibly beautiful.

While in Nepal, love struck. Marni met her future husband Bunty, a Nepali businessman from Kathmandu. They became “instant friends”, finding that they were able to talk easily. It was not long before their relationship blossomed, they became engaged, and met each other’s families. They were married in Kathmandu, where Bunty’s family lives, and made plans to move to the United States. When they discussed where they would live, Marni knew she wanted to live in Vermont as she had never forgotten the Upper Valley after living here in 2005. What was it about this area that drew her back? “I loved the local-mindedness, how people are so down to earth, everyone is helpful to each other, the natural beauty of the area, and having Dartmouth College nearby and all that it brings.”

Marni and Bunty moved to Wilder, Vermont in September 2012. She became licensed by the State of Vermont and opened her acupuncture practice, Wisdom Traditions Acupuncture (www.wisdom-trad.com), in Norwich in November, taking over space from Judy Music, an acupuncturist who had retired. Following the birth of her beautiful son Elijah in January, Marni took a two-month maternity leave. She loves being a mother and calls it “an incredible experience that has opened up a whole new definition of unconditional love.”

Marni is now back to doing the work that she loves. In describing her practice, she notes, “I feel grateful for the opportunity to do this work. It feels like it is a great blessing because I am so fulfilled by it. I love helping people and watching them flourish through the work. It is a great opportunity to get to know people and a great gift to bring ease into their lives.” Another gift that Marni brings to her work is her gentle, cheerful demeanor.

When she is not taking care of Elijah, spending time with her husband, or working in her acupuncture practice, Marni enjoys doing yoga, taking hikes, meditating and drawing.

When you see Marni at a Women’s Club meeting (she has come to our morning coffees at the Inn), or maybe at Dan & Whit’s, be sure to say hello to her. She is certain to be an asset to our community as well as to our Club.

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MANY CONGRATULATIONS TO ELAINE AND ALL OUR MANY
VOLUNTEERS FOR ANOTHER SUCCESSFUL NEARLY NEW SALE!!!

Spring Nearly New Sale News

It was a beautiful spring weekend and shoppers were browsing the racks Friday night through Sunday afternoon. Although there were fewer consignors this time around, there was a wonderful selection of spring and summer items for sale. The one unusual thing I noticed was the limited amount of infant items for the first time since I started chairing the sale back in the fall of 2004.

Thanks to NNS Treasurer Cheryl Lindberg for having the gross sales result by the time the clean-up crew had completed its task of restoring Tracy Hall from a retail space back to an open gym. Gross sales: \$21, 325!!!! Sales far exceeded the \$20K goal for the spring sale. All proceeds, after consignor checks are mailed, benefit the Norwich Women's Club Scholarship Fund.

Many thanks as well to Debbie Carter and Sophia Crawford who worked tirelessly lining up the many wonderful volunteers who worked the sale, Sydney Smith and her amazing accounting team, Claudia Adami who took on the job as Pre-consignment Coordinator, [all the workers listed below](#), and all the folks who consigned and/or shopped the sale.

Mark your calendars, the **Fall 2013 sale window is October 16-20.**

These volunteers listed below generously gave of their time to fold leaflets, affix labels, send out emails, make phone calls, write postcards, inspect, hang, fold, write lists, write tags, cut off tags, bag, count tags, match tags, calculate consignor checks. We cannot thank them too often. Without them, truly there would have been no sale.

Elaine Waterman, Chair, NWC Nearly New Sale

Claudia Adami, Anne Alford, Mary Anderson, Jennifer Andrews, Toni Apgar, Tina Avery, Lilla Barrett, Ghislaine Belair, Canny Bensen, Joann Berns, Licia Berry-Berard, Christi Berube, Carole Bibeau, Sarah Bibeau, Janilee Bishop, Janna Borg, Lydia Bos, Christine Bothe, Megan Brendel, Candace Briere, Katharine Britton, Annette Brown, Lin Brown, Renee Brown, Charlie Buell, Judy Butler, Thera Callahan, Debbie Carter, Nancy Carter, Suzanne Champlin, Jocelyn Chertoff, Devra Chicoine, Ann Christiano, Dorothy Cloud, Wendy Cole, Sheila Conrad, Laura Cooley, Mary Clare Cooper, Fred Crawford, Sophia Crawford, Walli Croteau, Madeline Dalton, Marcia Davis, Stephanie Davis, Marilyse de Boissezon, Fran DeGasta, Nancy Dean, Carole Dempsey, Pat Dempsey, Rosalie Deniki, Ken Dixon-Vestal, Ruth Dixon-Vestal, Annah Dupuis, Lee Emerson, Alanya Engtrakul, Cindy Faughnan, Erica Faughnan, Ruby Ferm, Lis Flannery, Nancy Fontaine, Claire Forseth, Lori Fortini, Carolyn Fryer, Sally Gage, Mila Gao, Anne Garrigue, Charlene Gates, Jenny Gelfan, Sugar Genereaux, Janet Gerety, Nancy Golder, Anne Goodrich, Deirdre Goodrich, Michael Goodrich, Mary Lee Goodwin, Beverly Gorham, Ginny Gray, Linda Gray, Lizzie Gray, Abbie Griggs, Peter Griggs, Martina Hackett, Susan Haedrich, Deborah Hall, Laurie Halpern, Bernard Haskell, Susie Hastings, Linda Hazard, Beth Hazlett, Barbara Henderson, Cheryl Herrmann, Geraldine Higgins, Olivia Hinch, Ellen Hobson, Mary Ann Holbrook, Kim Holzberger, Elizabeth Holzwarth, Ellie Huke, Dana Ireland, Kylee Ivany, Ruth Jabbs, Antoinette Jacobson, Bee Jacoby, Marty James, Annie Janeway, Corlan Johnson, Jaye Johnson, Sue Kaufman, Hannah Kearney, Joanne Kent, Karen Kniffin, Anne Kolkin, Maryann Kotowski, Karen Kuntne-Woodward, Penny Kurdeka, Rita Lajoie, Lynn Lalumiere, Jill Lavin, Jean Lawe, Bonnie Lawlor, Mary Layton, Lana Leggett-Kealey, Nancy Lesourd, Cheryl Lindberg, Carol Loveland, Suzanne Lyons, Renie MacArthur, Lorinda MacLeod, Betsy Maislen, Alison May, Lisa McCabe, Penny McConnel, Susan McGrew, Mary McKenna, Melanie Michel, Fifi Milchman, Lisa Milchman, Marion Miller, Marisa Miller, Jane Morgan, Bonnie Munday, Amy Nartowicz, Candace Nattie, Doris Nelson, Jill Niles, Chelsea Nolan, Margo Nutt, Jane Officer, Annie Olsen, Nancy Osgood, Susan Pappas, Barbara Payson, Carolee Perry, Nancy Pessia, Sue Pitiger, Dominca Plummer, Diana Potter, Mary Poulson, Nora Ratcliffe, Rebecca Reed, Beth Reynolds, Michael Reynolds, Patti Rich, Libby Robbie, Michie Rogers, Heidi Rogers, Vivian Rosen, Arline Rotman, Gail Sanders, Edye Scheier, Jan Scheiner, Nancy Schindler, Lori Schoenfeld, Ivy Schweitzer, Debby Scribner, Eileen Shaevel, Fran Sherley, Sydney Smith, Pauline Smith, Susan Spademan, Marieke Sperry, PJ Stanwood, Peter Stanzel, Lydia Starosta, Amy Stringer, Melinda Stucker, Karen Summer, Vernell Sutherland, Diane Tensen, Hetty Thomae, Sandra Tomeny, Gail Torkelson, Ceci Tseng, Anna Tyrowicz, Diane Usle, Steve Usle, Deb Van Arman, Geneviève Verlaak-Graham, Jonathan Vincent, Priscilla Vincent, Susan Voake, Lucinda Walker, Lily Walker Money, Paige Wallis, Suzanne Wallis, Abby Walsh, Karen Ward, Ann Waterfall, Marie Wesson, Sarah White, Marcia Williams, Maureen Wilson