

Women! We Care! And We Do!

A couple of things I attended this past week really hit home a point for me: Women – we care! And we engage!

Boy, was it uplifting yesterday to attend the grant pitch presentations at The Community Library held by the Wood River Women's Foundation (WRWF). We have so many, many incredible people in this Valley engaged in making this a better place for all residents, whether they are actively working in a nonprofit organization, contributing with their time and charitable dollars, or asking due-diligence questions as a member of the WRWF audience. We can all have our heartstrings pulled by a need, but engaged givers ask the pertinent questions of a nonprofit: is there a concrete plan so that these charitable dollars will be effectively used, and what has been the track record of the organization in the past in doing so?

The range of issues that people are engaging in—making the world a better place in their particular niche—re-

ally struck me as a whole when presented all afternoon in 10-minute increments. There were many familiar organizations like NAMI [National Alliance on Mental Illness], The Hunger Coalition, Men's Second Chance Living, The Senior Connection, Crisis Hotline, The Advocates, and St. Luke's Wood River Foundation, but some other presentations came from: The Spot, a hole-in-the-wall theatre company that accepts and embraces all kids; the Hailey Public Library's computer-technology education to the non-Internet-connected or low-tech folks in the Valley; the YMCA providing a summer camp/summer education learning-by-project-doing program in their Power Scholars program; the National Forest Foundation with its Penny Lake project to restore fishing accessibility to the mobility-challenged and families; Saint Al's request for emergency responder conference fees for all of our emergency responders in the Valley; 3rd Chance Inc./B & G Produce, which provides organic produce to families of drug court clients; and the Blaine County Education Foundation with its successful Scholarships Fair for high school students.

Kudos to the founders of WRWF, Barbara Thrasher and Jo Murray, and to all the women who have given of their time since to build this organization so beautifully into an effective vehicle to educate givers as well as get dollars out into the community effectively. The women who volunteer their time to serve on this board or its grants committee are truly giving our community a gift with their service: Terri Bullock, Kathleen Eder, Sandra Flattery, Kat Vanden Heuvel, Carol Jensen, Gail Landis, Terry LeFaivre, Sandy McCullough, Louisa Moats, Carrie Morrow, Penny Weiss, Gina Wolcott, and Patti Zebrowski. Thank you.

There was another group of moms, grandmothers and concerned women who showed up to the Blaine County Commissioner meeting this past Tuesday to comment during the agenda'd 9 a.m. public comment time (anyone can come comment to commissioners then) about their concerns about the 4G and 5G pulsating intensive radiation slated to come to our Valley. They calmly gave information to the commissioners with links to 90-page radiation exposure studies, a legal update on the vacation of the FCC's prior ruling so that now an EPA review is required for any installation, and the information that 22 cities have stopped accepting 4G/5G. They requested

that the Wood River Valley be a refuge from this radiation. It makes sense to me to err on the side of caution and not roll out 4G/5G without taking some time to really educate ourselves.

Senior statesman George Shultz has long spoken about the "insurance policy" that he and President Reagan enacted in 1987, "in case the scientists were right about the depletion of the ozone hole." He explained, "There were people who thought there was a problem and there were people who doubted it. But they all agreed there was a big consequence if it happened. So Ronald Reagan said, 'Look, let's take out an insurance policy. At least maybe in the back of your mind you might concede maybe you're wrong. And the insurance policy is not necessarily going to cost us forever.' In February 2017, Mr. Shultz reflected, "As it turned out, the scientists who were worried were right and Reagan's Montreal Protocol came along just in time."

I was incredibly lucky to meet the former Secretary of State Shultz a couple of weeks ago and thanked him for all his work on climate change. Thank you now also to all the women I met with this past week who are making our corner of the world better for all.

Citizens Climate Lobby May 14, 2018

<https://citizensclimatelobby.org>

<https://woodriverwomensfoundation.org>



George Shultz meets Kiki. Photo credit: Courtesy of Kiki Tidwell



Paid For By Citizens For Kiki Tidwell, Cindy Mann Treasurer.

WOMEN IN CHARGE

SUZANNE HAZLETT

'Put A Woman In Charge'

BY SUZANNE HAZLETT

Recording artists, Keb' Mo' and Rosanne Cash put the phrase to music when they released their famed duet in 2018, and since then, it has become an anthem of sorts. "Put a Woman in Charge" is about trying something else," Keb' Mo' has said. "There have been a lot of great achievements made by men, or by the masculine, but maybe, just maybe, we've gotten too comfortable with the imbalance of men in power and have fallen short of not listening and embracing what women have to offer when they lead."

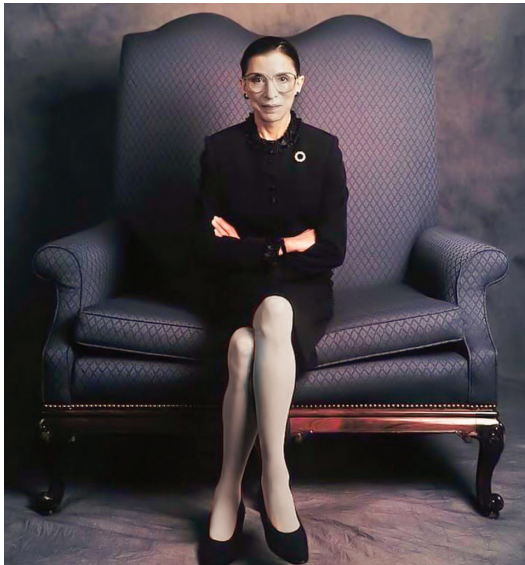
In launching this new column WOMEN IN CHARGE, I look forward to illuminating women who have reached vaulted levels of accomplishment in their chosen paths and continue to strive. An opportunity lies ahead this fall to be in the presence of such highly esteemed women when U. S. Supreme Court Justice Ruth Bader Ginsburg will headline The Alturas Institute's 2020 "Conversations with Exceptional Women" two-day program at the Argyros Performing Arts Center, and the Sun Valley Pavilion.

In addition to Justice Ginsburg, the event will feature other extraordinary speakers, including recipients of the Nobel Peace Prize, the Pulitzer Prize, an Olympic Gold Medalist, award-winning authors and journalists, prize-winning film actors, producers and directors, national security and finance experts, academics, and national television commentators.

The Alturas Institute, in response to the extraordinary interest in its event, has announced a second venue and the sale of additional tickets for a session featuring U.S. Supreme Court Justice Ruth Bader Ginsburg.

"A Conversation with Justice Ruth Bader Ginsburg" will be held at 2:30 p.m. MDT, Wednesday, September 2, at the Sun Valley Pavilion. Tickets for this session will go on sale at 9 a.m. MDT, March 12, at alturasinstitute.com. Tickets for seating within the Pavilion are at \$100. Lawn seating tickets are \$25.

Current ticket holders for "Conversations with Exceptional Women," held September 1-2, at the



U. S. Supreme Court Justice Ruth Bader Ginsburg. Photo credit: Courtesy of Alturas Institute

Argyros Performing Arts Center, will bear no additional expense and will be given preferred seating at the Sun Valley Pavilion for the session with Justice Ginsburg.

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INSPIRATIONS FROM MY HEART

DOVE

Freedom From Fear

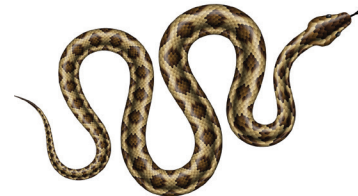
BY DOVE

There is a wonderful acronym for the word FEAR—False Evidence Appearing Real. At this time on our planet there is a tremendous amount of fear being generated by the media. I would suggest that you bypass the energy of fear about anything, as that lowers your frequency and invites that which you fear into your reality. Take precautions and then move your energy to another thought.

I was in a place of spiritual growth trying to overcome all those things I feared; the fear only defeated me. I had the opportunity to face my fears a few years ago. I was at work at the clinic on a Saturday afternoon in the summer. Everyone was at lunch but me, and people with a big truck and boat came driving into the clinic, yelling, "You have to help us! A big snake wrapped itself around the prop of our boat as we were coming out of Magic Reservoir. We don't want to kill the snake and we don't want to take it home."

I asked myself, Is this really my problem? I also recognized that it was an opportunity to face my fear of snakes. Snakes represent the energy of transmutation in the Native American tradition. If you possess snake energy, you can transmute all poisons. I knew it was time for me to give up the energy of fear in my life.

Taking a deep breath, I walked to the boat and, sure enough, there was one big snake wrapped around the prop. It was tan and



black and about 4 inches in diameter. I had no idea what type of snake it was or if it was poisonous, but I had gloves and I took a deep breath, saying to myself, "I and the snake are one." If I am not in fear, my pheromones of fear will not trigger the snake.

I reached for the snake directly behind the head, holding the energy of "I and the snake are one." I released the snake into the grass behind the clinic. The freedom I received from that action has freed me from the energy of fear no matter what the trigger. I just breathe deep, relax and become one with that of which I am afraid. The energy of fear then transmutes and I am in a sacred place.

I would suggest that we all take a look at the fear that is currently being generated. There has not been a year that we have not had some type of outbreak, be it SARS, swine flu, bird flu or some other type of disease, and realize that being in fear only lowers your frequency, which lowers your immune system. Empower yourself with your breath, take smart precautions, and don't feed the snakes that promote fear. Much love and health to you.

Life is a gift. The purpose is joy. Find yours.