



Program Meeting

Saturday, March 11, at 11:30 am

Learn about Health Services for Female Veterans at our Local VA Hospital

Ramona O'Neill began her career as a volunteer at Truman Medical Center and Trinity Lutheran Hospital in Kansas City, Missouri. She attended school full-time, worked part-time, and was in the process of raising three small children. Upon Graduation of her Associates Degree in Nursing she began her RN career at Trinity Lutheran Hospital in Oncology and Endocrinology as a graduate nurse (GN). Upon passing her boards she continued her career at Trinity Lutheran Hospital as a Registered Nurse (RN). She obtained her Bachelor of Science of Nursing from Grand Canyon University, Phoenix, Arizona in 2017.

Mrs. O'Neill continued her career at Colorado River Medical Center. She gained a plethora experience in Medical/Surgical Acute Care, Physical Therapy Rehabilitation, Intensive Care Unit, Surgical Services, Emergency Care, and Labor and delivery. Mrs. O'Neill's passion became labor and delivery. She began a leadership career at Havasu Regional Medical Center, Lake Havasu City, Arizona as the OB Director in 2008. Mrs. O'Neill developed strategies to build medical programs to neonates, increased quality standards for both neonates and women, expansion of birthing suites, expanded pediatric services, and respiratory services.

After relocating to Grand Junction in 2014 with her husband, Ramona began her career with VA Western Colorado Health Care System as a Patient Aligned Care Team Registered Nurse. In 2017 she was hired as the Nurse Manager of Primary Care Nursing Services. Today she is the Acting Women Veteran Program Manager.

Meeting to be held at 1st Congregational Church at 5th and Kennedy in the Chapel Room.

Please call or text Lori with your RSVP and, any dietary needs, at 970-234-5674 or email at lwood@ggre.us. Box lunches from Spoons will include: chicken salad (contains almonds), veggie sticks w/dip and a fruit cup and assorted pop and bottled water. Price is \$18. A small portion will help cover room charge.

What You Missed Last Month

Our February meeting was exceptional. Many thanks to Karen Hildebrand for coordinating our speaker and Jane & Lori for the location. We had a yummy lunch at a spot that was new to us – Famous Dave’s BBQ.

Olivia Wight is the founder of Power with Purpose. As a Social & Emotional Intelligence coach who, as a survivor of poverty and familial dysfunction, is dedicated to empowering others to increase their personal emotional awareness, cultivate effective relationship management, and foster an environment of accountability, responsibility, and confidence in initiating positive change.

Olivia, an Ethics and Morals major, spoke about helping those I need, particularly females, to cope with life’s challenges in a constructive way. Financial security, adapting behavior and cognitive difficulties, surviving life’s stresses to better serve a productive life. She meets with clients in a non-office setting, usually at a coffee shop to help them feel more comfortable.

As one member stated, this was an wonderful speaker and “we need to keep track of her” and “help her with her work.”

SAVE THE DATE Saturday, April 15

“Women Who Make History” Awards Luncheon

will be held at the Double Tree Hotel at 11 a.m. This annual event will honor Heidi Ragsdale and her work with STEM projects and NASA! Please plan on attending and bringing a friend for this lovely event.

The plated lunch includes beef tips, roasted veggies and potatoes along with the Double Tree’s chocolate chip and walnuts cookies, iced tea and coffee.

A highlight of the event is a Women’s Veterans Scholarship Fundraiser.

Tickets will be for sale to members and the general public – so please invite your friends. If you have any suggestions or requests for someone to receive a printed invitation, please email them to Carol at calemondrop@gmail.com or 530-949-4448.

Members will receive their invitations via email. RSVPs are required.

Watch for a full bio on Heidi will be in the April Newsletter

(when Jane has returned and Lori isn't winging it!)



Coffee & Chat Special Interest Group

This informal (fun) group will meet on **Saturday, March 25th at 9:30 am** at **Be Sweet Café & Bakeshop**, 150 West Main Street, Grand Junction. The group's only agenda is to chat about whatever topics come up, from the frivolous to the serious. Come when you can; bring a friend. Call Lori at 970-234-5674 with any questions.

AAUW and Ms. Magazine:

Did you see the recent article by our AAUW National President, **Gloria L. Blackwell**, in the January issue of *Ms. Magazine*, "We Need to Push Harder for Women's Representation in Leadership"? In the article, Blackwell recognizes past successes while pointing out "that women are still nowhere near where we deserve to be." In a population where women represent more than 50%, only 12 of 50 state governors are women, and only a quarter of Congressional representatives are women. Click [here](#) to read the article and explore the three fundamental keys to increasing the number of women in leadership roles.

AAUW Membership Now Entitles You to a Free, One-Year Subscription to Ms. Magazine

This year, *Ms.* Celebrates 50 years as a groundbreaking feminist magazine. And AAUW has been the premier organization advancing gender equity for 141 years. Over our long and overlapping histories, both AAUW and *Ms.* Have sparked new laws and ushered in social movements. Now, as part of a special partnership, we're pleased to offer AAUW members a [free, one-year subscription](#) to *Ms. Magazine*.

AAUW Colorado State Spring Convention

April 21-22, 2023

Mission and Membership Growth

*AAUW advances gender equity for women and girls through research, education, and advocacy.
The Grand Junction Branch is a 501(c)(3) organization.*

Start planning today for a get-away in the spring where you will be enlightened by fabulous speakers and enjoy great food.

Want to Choose Scholarship Recipients?

Contact Jean Yale at jeankyale@gmail.com or 970-623-4578 to volunteer for the Committee.

Election Time is Approaching Fun Jobs Available!



Its nomination time for AAUW-Grand Junction

The following positions are open starting July 1, 2023:

*President *VP, Membership *VP, Programs * Treasurer

TV ads are not permitted

The empty slots above need your name on them. What? You have never served before? Great, then now is the time. Sign up!! We are expecting a highly contested race with one (1) name in every spot.

If your name is not on the ballot, you are part of the nominating committee. So put your thinking cap on, talk to each other and the members you know, and let's fill up this ballot. And yes, you can nominate yourself. A second is not needed.

Contact Jane Fitzgerald at mjfitz2cats@gmail.com with your suggestions.

Branch Administrator Jane Fitzgerald 970-241-9684

VP Programs Open

Secretary Lorelee Kerr 970-523-5510

VP Membership Open

Treasurer Virginia Brown 970-201-0386

Newsletter Editor Jane Fitzgerald 970-241-9684