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# Your IWF Idaho News

*March 2024*

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## **President's Message**



Dear IWFI Members:

Thank you all so much for your commitment to the IWF of Idaho. We are excited to begin a new season of programming that will include virtual offerings, learning

activities in Boise and the Wood River Valley, and the 50th anniversary of IWF Global. We look forward to expanding our programming to regions in our state represented by new members.

It is also a remarkable time in the history of our country as we plan for its 250th anniversary in July of 2026. It is an optimal time to recognize women's leadership in our state, country, and the world. We are privileged to deploy our skills and positions to advance the cause of equality and advance the future generation of female leaders.

We celebrate and admire our IWF of Idaho members and are proud to be associated with a group of women who make an impact each day: in our work, for our communities and the world, and for our colleague IWF of Idaho members.

The IWFI Board will soon gather and plan for our organization's future. In August, we will transition the Presidency from Janet L. Gallimore to Dr. Gloria Totoricagüena. Program Chair Evelyn Self has also served an extraordinary 4-year term in her vital role, delivering inspiring programming in Preston, the Wood River Valley, Boise, and Cascade and virtually connecting the far reaches of our great state. Thus, we will be seeking a new Vice President and Program Chair and invite interested members to consider leadership roles in IWFI. Please reach out to Gloria or Jan if you would like to help shape IWFI's future!

Thank you so much for all that you do, and we hope to see you soon!

With kindest regard,

Janet L. Gallimore, President - [janet.gallimore@ishs.idaho.gov](mailto:janet.gallimore@ishs.idaho.gov)

Dr. Gloria Totoricagüena, Vice President - [gloria@idahopolicy.com](mailto:gloria@idahopolicy.com)

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**Honoring Tracy Andrus**



With heavy hearts, we announce the passing of IWFI member Tracy Andrus on the morning of March 12th. Please read the message from the Andrus Center for Public Policy below:

"She was a remarkable woman whose life was dedicated to service, advocacy, and the enduring legacy of her esteemed family. Tracy was the middle daughter of former Idaho Governor and Secretary of the Interior Cecil D. Andrus.

Her unwavering dedication to the Andrus Center for Public Policy and her father's legacy work was beyond measure. Starting in 2014, Tracy began her leadership of the Andrus Center's work hosting nationally respected forums for addressing vital public policy issues of our time—wise use of environmental resources and public lands, ensuring children enter the classroom ready to learn, and cultivating leadership from all segments of our society. This work continues with her invaluable insights as a blueprint for our future.

Tracy was more than a public figure; she was a warm, generous soul who, like her father Cece, was enthusiastic about improving the future of Idaho. Tracy's life was woven with threads of resilience and commitment, especially to the next generation of students preparing for public service through her Stewards of Tomorrow campaign. She overcame tremendous obstacles, including challenges with her health from an early age. Throughout her diverse career and role as President and Chair of the Andrus Center, her passion for equality, particularly in leadership positions, echoed in her advocacy for women to assume their rightful positions in government, businesses, and boardrooms. Tracy's indomitable spirit, grace, and unwavering dedication to public service expanded the Andrus legacy.

In honoring Tracy's memory, reflect with us on the lessons she imparted and

continue the vital work she championed. Our thoughts and prayers go out to her family during this difficult time.

Tracy Andrus may no longer be with us, but her spirit and legacy endure."

### **Celebration of Life**

A celebration of Tracy's life will be hosted by the family and the Andrus Center on May 14, 4:00 PM at the Steuckle Sky Center at Boise State University in Boise, Idaho. If you plan to attend, please RSVP by May 3 [here](#).

The family kindly asks that in lieu of flowers, donations be made in support of the Andrus Center Stewards of Tomorrow endowment, an effort that Tracy was very passionate about. Donations can be made [here](#).

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## **Events**

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### **IWF Cornerstone Conference Teaser - and a Few Things You May Not Know About Hong Kong**

***April 10th***

***6:30 p.m.***

***Register [here](#) with code IWF2024HK***

IWF NorCal wanted to share an upcoming collaboration with IWF Hong Kong in an effort to generate awareness and excitement for the upcoming IWF Cornerstone Conference in November. It will be held via Zoom and is open to all IWF members.

A confirmation email will be sent automatically upon successful registration with the event's Zoom details. Sometimes these emails are filtered out, so please check your spam folder if you don't see the confirmation email. Reminder emails will also be sent on the day of the event. If your members have any questions or problems, please contact IWF NorCal [here](#).

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### **Presilience**

***April 11th***

**5:30 p.m.**

**Via Zoom** [here](#)

We often think of resilience as someone's natural grit or seemingly effortless ability to bounce back from any challenge. In reality, resilience is something that we can proactively develop before life's inevitable challenges, disappointments, and crises. In this webinar, **Sarah Draper** will introduce the idea of "Presilience"—the practices, mindsets, and relationships you can build now to support you during whatever comes your way.

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### **Do Psychedelics Really Change Your Mind?**

**April 18th**

**5:30 p.m.**

**Via Zoom** [here](#)

**Sarah Michael**, former IWF Idaho President, recounts her experience at a four-day 2019 Psychedelic Retreat in the Netherlands before attending the IWF Global Forum in Barcelona, Spain. Motivated by reading Michael Pollen's 2018 best selling book about the power and magic of psychedelics, "How to Change Your Mind", Sarah had always been interested in trying magic mushrooms in a safe and legal way. So what happened? Did it "change her mind?"

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### **IWF 50th Anniversary World Leadership Conference**

**May 15-17th**

**New York, NY**

In 2024, we will celebrate an idea that has proved powerful enough to circle the globe.

At the World Leadership Conference and Gala, we'll highlight 50 years of women changing the world.

Over five decades, the International Women's Forum and our members have been in the forefront of change—breaking the glass ceiling across professions around the world, proving not only that women lead but women lead differently and gender balance at every level of leadership makes stronger business, stronger societies, and

a better world.

In recent years the velocity of change, especially driven by technology, has impacted every country and every sector. It's only fitting that our 50th Anniversary Conference address change and how women at the top are making change a force for good.

Our conference will focus on key sectors that—like IWF—have strong roots in New York but are global forces for change themselves...

- Technology
- Health
- Media

We will also examine how more women at the top are managing change in the workplace and the social agenda for gender equality.

Finally, we will explore the business of fashion—how we have evolved from men telling women what to wear to women changing what we buy, how we buy and how we express our beliefs about ourselves and our world in how we present ourselves.

For more information on the conference and sessions, go to the event page [here](#).

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### **Why Women in Hollywood Matter**

***June 11th***

***6:00 p.m.***

***Via Zoom [here](#)***

Even after #metoo and the global outcry that followed, the percentages of women behind the camera of the cinema that shapes our globe have risen very little. Come hear 15-time award-winning filmmaker Naomi McDougall Jones talk about why this is still happening, what we can do to change it, and why having women behind the camera is a critical necessity in shaping the future of our dreams. Look for the upcoming Paperless Post to RSVP.

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### **IWF of Idaho 2024 Annual Meeting**

***August 2nd-4th***

## ***Sun Valley***

Save the date for this year's annual meeting!

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### **West Coast Retreat**

***September 20th-22nd***

***McMinnville, Oregon***

Mark your calendars now! This is hosted by the Oregon Forum members, with the following forums also invited: British Columbia, Northern California, Southern California, Washington, and Idaho. There will be a welcome reception, an all-star speaker line-up on Saturday morning, and a host of afternoon activities. Saturday evening will have several dine-a-rounds that evening. A send-off brunch will take place on Sunday followed by visits to local wineries. This is a mini version of a conference, only smaller.

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### **IWF 2024 Cornerstone Conference**

***November 20th-22nd***

***Hong Kong, SAR***

Details to be announced [here](#).

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### **IWF Global Events**

The IWF Program Passport is your source for upcoming events hosted by IWF on a global level. You can access these events via the [IWF Connect Portal](#). We encourage you to make the most of your IWF membership by taking full advantage of the insightful events available to you from across the globe.

Your membership of IWF also provides you with access to over 7,800 diverse and accomplished women through a network of 74 local forums. IWF has a presence in 33 nations across 6 continents. The IWF Connect Portal has the program passport and other resources.

[Watch the IWF video](#) and [join the IWF LinkedIn group](#).

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## Past Events

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### **Men's Second Chance Living Screening and Discussion**

On February 28th, we had an extraordinary evening hosted by **Kendall Nelson** via Zoom, featuring special guest **Sonya Wilander**, the Executive Director of Men's Second Chance Living (MSCL) in Hailey, Idaho.

The event showed an insightful journey into the impactful work of MSCL House, a sober living facility dedicated to helping men overcome addiction, achieve sustained sobriety, and rebuild their lives. Sonya has been a driving force in the success of MSCL, leading with a mission to provide safe, affordable sober housing and support services while treating individuals with respect, compassion, and a belief in their inherent value.

As a highlight of the program, Kendall presented the 13-minute video she produced showcasing a day in the life of MSCL residents. This video provides a comprehensive overview of the nonprofit's diverse programs, including:

- Medical, Dental, and Behavioral Health Care
- Physical Health Services
- Financial Literacy Classes and Matched Savings Account Program
- Nutrition Assistance
- Education and Technical Skills Training

Following the video, we had an exclusive interview with our new IWF member, Sonya. Watch the video [here](#) for a unique opportunity to gain insights into the incredible work she has spearheaded and to learn about the numerous successes of MSCL.

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To watch our chapter's previous virtual events, please visit the website [here](#).



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## IWF Idaho Committees Need Your Help!

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### Program Committee

Please join me in welcoming Marybeth Flower to our team, as she will be working to coordinate dine-a-rounds and similar gatherings in the Wood River Valley area. Thank you and welcome.

#### **HELP WANTED!**

We also need additional committee members to assist with programs in the Boise area.

Are you a planner? Do you like to bring people together to learn, network and just have fun?

If so, please join the IWF Program Committee.

We are seeking members from the Boise area who are interested in sharing ideas, brainstorming, and have knowledge of “what’s happening” in the area to help us plan new and exciting programs and events for our Idaho members.

The committee organizes activities for our members: we identify speakers (non-paid, typically members) who share their careers, projects, or other areas of interest. We plan Dine-A-Rounds—they can be in members home or at a restaurant. We do pop-ups, often on short notice, i.e. visiting a winery, art museum, or civic or cultural event, to name a few. We also work with the board to plan our annual meetings.

If this sounds like you, please contact Evelyn Self, Program Chair to discuss your interest [here](#).

Evelyn Self  
Program Committee Chair

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**Dine-A-Rounds**

This IWF tradition is a major reason why a lot of members across the globe feel these informal events make their membership worthwhile—and equal in weight to the opportunity to attend National and International Conferences.

IWF-Idaho has expanded during the Covid years, where there was no opportunity for in person fellowship. And we have expanded even more these last two years. I feel it is time to explain to our newer members, as well as to remind our long-standing members, of the worldwide enthusiasm for Dine-A-Rounds; in fact, many of our members who have attended the national and international conferences consider their Dine-A-Round one of the outstanding features of their Conference experience.

I want to be sure all members know how varied and creative a Dine-Around can be:

A Dine-A-Round can be 6 people—it doesn't have to be a larger group if someone has a small space.

A host does not have to assume all costs. Attendees can be asked to pay a certain price, to bring a dish, be given a choice of what type of dish, or to BYOB. Of course, hosts can underwrite the event themselves if they wish.

- Hosts may just offer a hearty appetizer buffet.
- Hosts may organize a Dutch treat at a local restaurant.
- The event could have a theme leading to lively discussion.
- The event could feature a speaker.
- Hosts can arrange a small dinner where everyone pitches in to learn how to cook their specialty dish.
- Members can co-host Dine-A-Rounds.

There are so many possibilities! All it takes is a little imagination. If a host or attendee could offer a potential guest from another town an overnight stay, it would also offer a wider opportunity for statewide fellowship.

The Program Committee welcomes thoughts and questions.

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## **Member Directory Updates**

Please make sure to take a look at your bio on the IWF website's member directory to make sure that it is up-to-date. If you do want to make updates to your bio, send

the edits or new blurb, under 300 words, to [Kaley](#) and [Kendall](#) for review and upload.

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## Collecting Diversity, Equity, Accessibility and Inclusion Resources

The IWF Idaho Board is in the process of developing and collecting resources to discuss and share regarding diversity, equity, accessibility and inclusion in our community and chapter. This may include engaging with experiences as well as resources. If you have any ideas to share, please reach out to one of the board members. We would love to hear from you!

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Send your news on awards, career changes, board appointments and events to [Kendall Nelson](#) for inclusion in upcoming newsletters. Don't forget to use our IWF Idaho Website at <https://iwfidaho.org> for details on [upcoming events](#), [newsletter archives](#), and [contact information](#) for each of our members. If you have any questions or trouble accessing the site, contact [Kendall](#) for assistance. Thanks!

### ABOUT IWF IDAHO

IWF Idaho is the Idaho chapter of the International Women's Forum, an invitation-only, membership organization. In Idaho, we are 68 members strong and globally, there are more than 8,000 diverse and accomplished women from 33 nations on six continents. IWF is dedicated to building better leadership locally and globally.

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