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# Your IWF Idaho News

*April 2024*

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## **President's Message**



Dear IWF members:

I am bursting with pride to report that President Biden has just presented the Presidential Medal of Freedom to astronaut and IWF of Idaho member, Ellen

Ochoa. Ellen was the first Hispanic woman in space when she served on a nine-day mission aboard the Space Shuttle Discovery in 1993. A veteran of four space flights, Ellen has logged nearly 1,000 hours in space.

She is the second female astronaut to be awarded the United States' highest honor. The Presidential Medal of Freedom recognizes people who have significantly contributed to the prosperity, values, or security of the United States.



Ellen is truly an inspiration. She is a fellow of the American Association for the Advancement of Science, American Institute of Aeronautics and Astronautics, the National Academy of Inventors and National Academy of Engineering. 7 schools across our country have chosen to name their institutions in honor of Ellen. She is inspiring countless girls to study STEM, follow in her footsteps, and “reach for the stars” in a limitless future.

Ellen and her colleague astronaut Barbara Morgan gave IWF of Idaho members a special look at what it is like to live and work on the International Space Station. This program, a *Fireside Chat on the International Space Station*, can be found in our event archives [here](#). Please join me in celebrating a truly remarkable and visionary leader in our state, our country, and our universe - Dr. Ellen Ochoa. If you are interested in reading NASA's news release, it can be found [here](#).

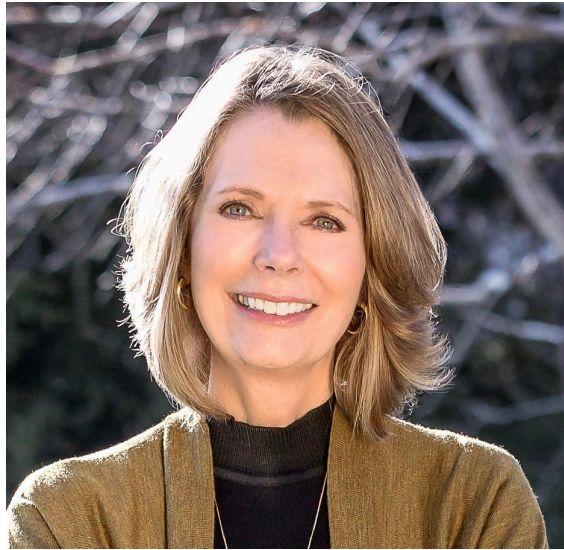
Please also save the date and join us in the Wood River Valley, August 2-4, for our 11th Anniversary Annual Meeting. We will celebrate our members and their achievements and chart a course for the next decade.

Thank you so much for all that you do!

Janet L. Gallimore

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## Celebration of Life for Tracy Andrus



Please see the information below from the Andrus Center for Public Policy about the upcoming celebration of life for Tracy Andrus:

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.

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 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-3rd***

***Sun Valley***

Please join us in the Wood River Valley for our IWF of Idaho 11th Annual Meeting!

We are featuring our tradition of the Sun Valley Music Festival together on Friday evening, followed by a reception at Marybeth Flower's home.

Saturday's member greetings will be held at the Community Library, with the business meeting at 10:00 am, followed by a special program featuring Idaho Supreme Court Justices Colleen Zahn, Cynthia Meyer, and Robyn Brody. For the first time in Idaho history, women hold the majority in Idaho's highest court. IWFI Governance Committee Chair and former Supreme Court Justice Cathy Silak will moderate this conversation, which promises to be timely, inspiring, and highly relevant.

Following our program, we will enjoy lunch with comments by our incoming President, Dr. Gloria Totoricagüena. To conclude our weekend, we will have a social gathering, a no-host dinner at the Grill at Knob Hill.

We look forward to our annual opportunity to *Learn, Mentor, Support, and Connect* with each other and with our extraordinary guests. Please confirm your attendance, so we may make final plans by clicking [here](#). More details and a Paperless Post will follow!

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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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## **Presilience**

*Watch the recording [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** introduced 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?**

*Watch the recording [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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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 IWFI 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-A-Round 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 IWFI 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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