



League of Women Voters of Central Vermont

Bulletin

Winter 2016

Winter Message

I think we're allowed a pat on the back for our election activities. In addition to voter registration and candidate forums noted in September's *Bulletin*, we added a couple of events. On November 2, at the behest of the Montpelier Senior Activities Center, we presented a panel made up of Sec. of State Jim Condos, *VT Digger's* Mark Johnson, and our own Susan Clark bringing a wide-ranging discussion of the election process, the coming turnover of leadership in the State House, and how Vermont's Town Meeting tradition contributes to overall civic participation. Two weeks earlier, because it fit the theme, we showed the video of Ann Luther's (LWVME) talk on Money in Politics at the MSAC.*

After taking a deep relaxing breath, we're looking forward to a couple of social events, as you will read about on p 2.

Then, next up on the serious side, is our next program cosponsored with the Kellogg-Hubbard Library. We have a panel talking about the future of health care in Vermont, as much as can be determined at this time of change. It should provide a good background for evaluating events as they unfold.

As we consider our future as a League, we will be doing some serious goal-setting. See the article on p. 3. For this to work as it's meant to, we will need your buy-in, so please give it your thoughtful attention.

And last, but far from least, we are delighted to welcome Ashley Hill to our leadership team. Ashley is Deputy State's Attorney for Addison County, the IT Manager for the Vermont Department of State's Attorney and Sherriffs and is active in Emerge Vermont, and organization encouraging women to run for public office. She was a candidate for state Senator from Washington County this year, and lost by one vote. Welcome Ashley!

On behalf of your Leadership Team

Kate Rader

You can see these programs at <http://www.orcamedia.net/show/election-process> and <http://www.orcamedia.net/show/whose-democracy-it-money-politics>

Come to our New Year Breakfast!!

In lieu of a holiday party last December, LWVCEN members came together early in January for a New Year breakfast. We had a really good time and agreed that we should do it again.

So we invite all of you to come for breakfast on Friday, January 6

Last time we gathered at Philamena's, which was perfect for our small group. But in the hope of having more of you with us this time, we ask you to tell us your preference between Down Home and the Wayside. Contact Sue (iracansue@gmail.com) or me (catherine.rader@myfairpoint.net) to let us know that you will join us, and your choice of venue.



Celebrate 97 Years of Making Democracy Work

After a successful party last February, and another to observe passage of the 19th Amendment in August, we decided to make both of them a tradition.

Therefore, mark your calendar for February 9, and join us to recognize 97 years of the League's Making Democracy Work.

Watch twitter, facebook, our website and your email for details.

What's the Future of Health Care in Vermont?

Upcoming changes in both state and federal government make the vision of the future of health care in Vermont more than a little murky.

The second of the LWVCEN/Kellogg-Hubbard Library programs on January 12 will try to provide some context for assessing what those changes might mean.

Health care reform was thrown into limbo when Gov. Shumlin gave up on his attempt to bring single-payer health care to Vermont. His administration moved on to pursue the "all-payer" model of paying for health care.

All-payer moves from volume-driven fee-for-service payment to a "value-based," pre-paid model for Accountable Care Organizations (ACOs). It requires alignment across Medicare, Medicaid, and participating Commercial payers. It provides a coordinated, system-wide, and integrated reform plan, addressing cost and quality, through 2022.

Now, with the new Washington administration coming in, the ACA itself is under threat. Green Mountain Care Board Executive Director Susan Barrett will talk about the board, the all-payer waiver, and the role of the GMBC.

In addition, two legislative initiatives will be addressed in the next biennium. Dr. Deb Richter will talk about Universal Primary Care (UPC), which could eliminate important barriers to basic care for the all Vermonters.

A second proposal, to expand Dr. Dynasaur to age 26, will be discussed by Lindsay DesLauriers of Main Street Alliance-Vermont.

All of these will be affected by the shifting political landscape. We hope to include you in the conversation. Come to the Library on Thursday, January 12 at 7:00 p.m.

For those who missed it, you can see October's Library program on immigration at <http://www.orcamedia.net/show/new-immigrants-refugees>.

LWVVT/LWVCEN to Set Goals

Under the LWVUS Membershi/Leadership Development program, Leagues are encouraged to set long and short term goals. According to *Wikipedia*, “goal setting involves the development of an action plan designed to motivate and guide a person or group toward a goal. Goal setting can be guided by goal-setting criteria (or rules) such as SMART criteria [more about SMART below]. Goal setting is a major component of personal-development and management literature.

“Studies [...] have shown that more specific and ambitious goals lead to more performance improvement than easy or general goals. As long as the person accepts the goal, has the ability to attain it, and does not have conflicting goals, there is a positive linear relationship between goal difficulty and task performance.”



So, with League encouragement and research to back it up, we going to test it for ourselves.

First, here are the SMART guidelines for setting goals (forming, of course, a clever acronym). Goals should be:

Specific: You can state clearly what success will look like.

- ✓ *What exactly do you want to accomplish?*
- ✓ *What will success look like?*
- ✓ *Be more specific: what is the outcome that you want?*

Measurable: You have clear benchmarks for measuring progress.

- ✓ *How could you state this objective so your progress toward it is measurable?*
- ✓ *How can you quantify this goal?*
- ✓ *How will you know when you are halfway to your goal?*

Attainable: It is within your capabilities and depends on reliable outside entities.

- ✓ *Is your goal within your capabilities? Is it reasonably possible?*
- ✓ *What are the barriers that may come up?*
- ✓ *Are they manageable?*

Relevant: This goal fits within the mission of the League and the interests of your community.

- ✓ *Why is this important?*
- ✓ *What are you willing to let go of or cut out to work on this goal?*
- ✓ *How important is it that you reach this goal?*

Time-Specific: Your goal has a concrete deadline.

- ✓ *By when will you reach this goal? (Or by when when will this be an established habit?)*

With these criteria in mind, our current goals are:

In the next year (December 2017):

Increase membership by 20%

Identify, recruit leadership

Determine impact of our good visibility

December:

10 people commit to January breakfast

As you can see, to succeed here we need you to share our vision to make LWVCEN a growing presence in Central Vermont. [Start by coming to the Holiday Breakfast on January 6.]



LWV Central VT

1186 Towne Hill Road
East Montpelier, VT 05651