

GROWING AND COOKING WITH HERBS

Tuesday, January 8, 7:00 pm networking, 7:30 pm program
Grove United Methodist Church
490 West Boot Rd., West Chester, PA 19380
ALWAYS AMPLE FREE and LIGHTED PARKING



Kathy dePlaza, a Master Gardener with the Penn State Extension Program in Chester County, will present her educational and informative program *Growing and Cooking with Herbs*--just the topic to help you with those new year's resolutions involving better nutrition and health.

She will discuss herbs we use in the kitchen, as opposed to medicinal and poisonous herbs, and how to grow them, including organic methods and composting. In addition, she will present some hands-on activities using herbs from her garden.

Kathy is a nationally certified massage therapist. After she realized that many problems were not completely resolved by body work but were due to poor nutrition, she became an herbalist. She has received her Master Herbal Certification and her doctorate of Naturopathy in Holistic Nutrition from Clayton College in Alabama

Domestic Violence Center Project

In November, we donated the following items: 47 tubes of toothpaste, 33 toothbrushes, 5 packs of toothbrushes, 5 hair brushes, 5 floss, and combs. In December, we collected \$190 in gift cards. Thank you all for making both collections such a BIG SUCCESS!

For **January**, please bring in dish detergent and 33-gallon trash bags. --Marian I. Stevenson, Chair

Deadline for the February issue of AAUW Sum is Saturday, January 12. Send articles as Word (.doc NOT .docx) attachments to GDBoose@comcast.net, with a copy to the Co-Presidents and Yvonne Peiffer.

Contents

<i>Touching Base</i>	2	<i>Financial Reports</i>	4	<i>Congratulations</i>	6
<i>Gourmet Brunch</i>	3	<i>Mission Possible!</i>	5	<i>Books, Pins Available</i>	6
<i>New Members</i>	4	<i>Public Policy</i>	6	<i>Save the Dates</i>	7

Touching Base

– By Co-Presidents Roselyn Cadoff and Leslie Wachob

AAUW: Implementing Our Mission, Strengthening Ourselves

The expression "It takes a village" refers to the need for an entire community to contribute to the nurturing of children. This concept may be applied to AAUW. Leslie and Roselyn have found that during their time as co-presidents, many women have contributed to the working of our Branch. It has definitely been a team effort. People have said "yes" when called upon to do a variety of jobs, thus facilitating leadership and making for a much smoother operation. The West Chester-Chester County PA Branch has earned awards largely because of the willingness of our members to take ownership and become a part of the "village" in the nurturing of our mission, *advancing equity for women and girls through advocacy, education, and research.*

To quote another expression, it is said that "what you give comes back to you." We feel this is also evident in our group. Women work together, play together, learn together, care about one another, and make friends in the process. Our lives are enriched as our mission is implemented, and so, evidently, is our health. There have been a number of studies done on women suggesting that the more friends women have, the less likely they are to develop physical impairments as they age and the more likely they are to be leading a joyful life. Women are a source of strength to one another. As we, in our "village," work for our mission, we are rewarded by that effort.

Now, we have completed choosing our nominating committee. These five women will be meeting and putting together a slate of officers for the upcoming year. They will be inviting us to continue to nurture our group, and to reap the rewards of that activity. And...here comes still another well known expression..."Let's give it 100%." This doesn't mean any one person need do 100% of any job all alone. Just accept 100% of the responsibility for the segment of the job you feel you want to handle. That would provide us greater opportunity to meet and work with

one another. Small pieces build toward the whole and keep us all involved. Leslie and Roselyn have truly enjoyed doing things this way, and urge you to consider the thought. Our "village" needs all of us. Please respond positively when the nominating committee calls upon you. Better yet, call them!

Our Nominating Committee Members are: Carol Darlington, Chair; Graham Boose; Martina Ossman; Yvonne Peiffer; and Dorothy Ward. They want to hear YOUR voice!

Mission Statement

AAUW advances equity for women and girls through advocacy, education, and research.

AAUW Sum, pronounced awesome, is the newsletter of the West Chester-Chester County PA Branch of the American Association of University Women. It is normally published 8 times each year: September, October, November, January, February, March, April, and May. Deadline for copy is the 12th of the month preceding. January deadline is Dec. 1.

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Gourmet Winter Brunch

Our regular February membership meeting will be a festive Gourmet Winter Brunch at the YWCA of Chester County, 123 North Church St., West Chester, on Saturday, February 9, starting at 9 am for coffee and networking, and 9:30 for brunch.

It is a fund raiser for Branch programs and Association's Educational Foundation, Legal Advocacy Fund, and Leadership Training Institute programs. Cost is \$10. Bring some friends to network and find out about AAUW's awesome programs benefiting young and mature women.

Our own Food Interest Group (FIG) will be preparing the goodies--so you KNOW they'll be great.

Deadline for acceptances is Saturday, February 2.

Cut here and return form with your check.



Yes, I'd love to spend some quality time with my AAUW friends and other friends.

My name _____ My phone _____

Number of friends coming _____ Total enclosed _____

Their names, if you choose:

Make checks payable (\$10.00 per person) to AAUW West Chester-Chester County Branch.

Mail to Graham Boose, 415 Sunset Hollow Rd., West Chester, PA 19380
Questions? GDBoose@comcast.net or 610-431-7701

January Membership Update

By Carol Darlington & Barbara Leone, Membership Vice-Presidents

Please add the following renewal member to your handbook:

Phyllis Dunn
1035 N. New Street
West Chester, PA 19380

Phone: (H) 610 696 1079

(W) 610 869 2137

E-mail: pdunn@jennerspond.org

Phyllis arranged for our interesting luncheon and tour of Jenners Pond last June.

2008 Recruitment Ideas

Simplify your life and spread the AAUW mission by giving the perfect gift to friends and loved ones in 2008! An AAUW membership requires no mall shopping, never goes out of style, and requires no dusting, closet space, or cold storage. For assistance call Carol or Barbara.

A new resource to help recruit new members is the 2007-08 online **Directory of Fellowship & Grant Recipients** on the AAUW website. This directory highlights 253 recipients of the \$4.1 million in funding for the current academic year that has been awarded through the Foundation's 5 fellowships and grants programs. You can utilize this information about the Foundation fellowships & grants as a way to **share with potential new members** the value of belonging to AAUW. Information about these outstanding women who are pursuing their educational goals, are engaged in cutting-edge research, and are implementing community projects to strengthen opportunities for women and girls may be found at http://www.aauw.org/fga/fellows_directory/index.cfm

An enormous THANK YOU to Kay Philipps and Elma Mack, as well as to the staff of The Hickman, for a wonderful Holiday Party.

Carol Habig, a member and botanical artist, donated her work *Sunflower*, as well as note cards containing prints of several of her works, for a raffle. THANKS, Carol. Beautiful work! Leslie Wachob was the fortunate winner of the note cards; Graham Boose was elated to win the art.

Financial Officer's Report

The Income and Expenses Report for July 1, 2007 through November 30, 2007 shows the following balances:

Checking - \$3,217.52

Includes \$274 for Members Helping

Members and

\$279.91 for Let's Read Math

CCCCF -

Alice Lawson Fund (9/30/07) -\$25,927.30

Let's Read Math (9/30/07) - \$95.03

---Rosemary MacDonald, Financial Officer

Ways & Means Report

Our wonderful Holiday Party realized a profit of approximately \$750 plus \$215 for the raffle. Results are not yet in from November's Book Sale and Entertainment Books. However, we realized a profit of only \$130 on the New York City bus trip, long a staple of our revenue. The Board voted not to continue the bus trip as a fund raiser but to consider it as a social excursion next year. Thanks to everyone who supported the branch fundraisers during the past busy two months.--Nancy Dore, Chair

You Are Making the “MISSION POSSIBLE” at AAUW-PA State Convention April 11-13, 2008, The Inn at Chester Springs

“MISSION POSSIBLE,” the Convention theme, emphasizes AAUW’s “can do” philosophy. AAUW has been advancing equity for women and girls through advocacy, education, and research for more than 125 years. While struggling with inequity, we must not lose sight of our mission. Women can *and do* individually and collectively effect change.

A HUGE THANK YOU to George Wachob for designing and implementing the cover for the Convention Book.

Do put the convention dates on your calendar now and enjoy the Friday outing, the networking, workshops, awards activities, good food and much, much more. Meanwhile **encourage AAUW members whom you know from across the state to come and bring their families.** Their family members can be involved in sporting, historical and other fun activities while we are “in convention.”

Nancy Dore, Registrar; Elaine Burgess, Goody Bag Coordinator; Betty Bradford and Bette Twaddell, Table Decorations; Cathy Palmquist, Publicity; Rosemary MacDonald, Sales Shop; and Mary Smith, Signage, are filling key positions. Several members of the Eastern Delaware County Branch will help with registration on Friday.

The Valley Forge Branch is coordinating Registration; the Philadelphia Branch is assisting Saturday’s speakers.

Thanks to the following members for their overwhelming response in signing up to help with registration and other jobs:

Elaine Burgess, Fran Pierce, Carol Darlington, Marian Stevenson, Mindy Murray, Hilary Kennedy, Martina Ossman, Paula McGinness, Helen Reid, Barbara Leone, Dorothy Ward, Donna Eaves, Stanli Cushman, and Joan Baxter.

A **trip coordinator** is still open. See the next *Keystoner* for trip details to the Brandywine River Museum and the N.C. Wyeth Studio.

You, personable and organized with a fine mind, will be the one to put together the final details and manage the events, won’t YOU?

Please ask your family members if any of them would be willing to take an out-of-town AAUW spouse golfing (with each paying own costs) during the convention April 11 to 13. If not, being a golfer, can they give us names of open courses near The Inn at Chester Springs with the costs? Your help will be most appreciated. Please let us know that YOU will make this Mission Possible. Thanks.

**Yvonne Peiffer, 610-363-9535,
Peiffer@erols.com;
Graham Boose, 610-431-7701,
GDBoose@comcast.net**

Educational Foundation Sponsors *Spreading Let’s Read Math*



Under a grant from Association’s Educational Foundation, branch volunteers are spreading *Let’s Read Math* to other AAUW branches in the Middle Atlantic Region. Barbara Leone and a volunteer from the Makefield Area Branch demonstrate the mathematical concepts of sliding, rotating, and mirror imaging, using quilts and children’s storybooks, to program evaluators from the Bethlehem Branch. Training has been conducted in Reading and Philadelphia, PA, and in Long Island, NY. A January training session will be held in Bethlehem, PA.

AAUW Two Minute Activist



Make your voice heard in Congress! First, take one minute to read about the latest issue in Congress. Then, take one more minute to personalize a pre-written AAUW message and e-mail to your member of Congress. Go to capwiz.com/aauw/home

--Leslie Jean Allison, Public Policy Chair

Congratulations to Cassandra Jones!

Member Cassandra Jones was elected in November to the West Chester Borough Council. She is a graduate of Columbia College, IL, and is the Data Manager for the National Science Foundation-BEAMS program at Cheyney University.

Branch Offers *Profiles of Women*

What do Georgia O'Keeffe, Wilma Mankiller, and Harriet Tubman have in common? Answer: They are among the 45 women who are featured in the three volumes of *Profiles of Women - Past & Present: Women's History Monologues for Group Presentations*.

Each volume describes the lives of fifteen women - Marian Anderson, Susan B. Anthony, Juliette Gordon Low, Annie Oakley, Mother Teresa, Beatrix Potter, Chien-Shiung Wu, Wilma Rudolph, Amelia Earhart and many others. Reading about their goals, courage, and determination is inspiring and provides meaningful role models examples for us all.

The books were written to be used as a guide in portraying these women's lives. The stories can "bring history to life" for elementary and intermediate students. Each story includes an illustrated portrait of each woman, a two-page description of her life's work, suggested costumes/props for a presentation, and Suggested Readings to learn more. Also included is a section for Pre-K through 2nd grade children.

Not only will presenters be able to use these creative reference books but young readers will love reading them also. What they learn from these important women may help them plan their own future.

Profiles of Women were created by the Thousand Oaks California Branch Inc. of the AAUW. The cost of the books is \$15.00 each and can be ordered at our monthly branch meetings. (No tax, no shipping/handling costs.) Checks should be made payable to "AAUW-EF." Five dollars of each purchase will go to our Educational Foundation giving.

--Ann Boohar, Chair

Lucinda Pins Available



We are now selling Lucinda Pins to benefit EF, LAF, and our local branch scholarship. Lucinda's motto is "Changing the world one pin at a time." Please support our efforts to positively change the lives of women by purchasing a pin. They are only \$15 each and are available in a variety of designs and colors to complement any outfit. They also make wonderful gifts. To purchase, or for additional information, contact Leslie Wachob at 610- 458-1837 or rbs857@yahoo.com.

SAVE THE DATES

Branch Board Meetings

All Board meetings are open to the membership and will be held at the West Goshen Municipal Building, generally in the Community Room on the first floor. Meetings begin at 7 pm, are over by 9, and are usually on the first Monday of the month. Upcoming: Mondays, January 7 and February 4.

Branch Membership Meetings

Most Membership Meetings will be held at Grove United Methodist Church, 490 West Boot Road, West Chester, PA, 19380, because of its central location, lighted parking, good kitchen facility, and accessibility. Meetings are held in Fellowship Hall on the first floor.

If you can give a member a ride, please let Carol Darlington or Barbara Leone, Membership Vice-Presidents, know--particularly if you live in the southern part of the county.

Tuesdays, 7 pm. light refreshments and networking; 7:30 program.

Upcoming: **Gourmet Brunch, SATURDAY, February 9, 9 am, YWCA of Chester County, West Chester.**

AAUW-PA STATE CONVENTION

Friday, April 11-Sunday, April 13, The Inn at Chester Springs, Exton.

GIRLS EXPLORING TECHNOLOGY

Girls Exploring Tomorrow's Technology (GETT)--Saturday, March 29, 2008 at the Downingtown Education Center, 335 Manor Ave. (Rt. 322), Downingtown, PA 19335. Registration is a big part of the event and we couldn't do it without you. If you can help either the day before with set-up or the day of, please e-mail me at pangea49@comcast.net or call 610-269-3375.

--Mary Smith, GETT Steering Committee

SPECIAL INTEREST GROUPS

Bridge

Women's Social Bridge -- Chair is Beatriz Wee, (h) 610-594-2719, beatrizti@ctsi.net. Moved to 4th Wednesday evening to suit members' convenience. *New members welcome.*

Couples Bridge -- Couples Bridge will meet at the home of Alice and Jody Spivey on Saturday, January 19, at 7:30 pm. Please call Alice at 610-696-5536 to let her know if you can play. Other questions? Call or e-mail Kay Philipps at 610-399-0697 for information. Do come join us. *New members welcome.*

Book and Discussion Groups

Lit II, Thursday Evening Book Group, Fiction and Nonfiction

Chair is Donna Eaves, (h) 610-692-5277; (o) 610-344-6350; email deaves@chesco.org or Deaves812@aol.com.

Thursday, January 17, 7:30 refreshments, 8:00 book discussion. Book is *The Memory Keeper's Daughter* by Kim Edwards. Surprise discussion leader, a friend of Lyn Eaton. Hostess is Graham Boose. *New members welcome.*

Lit III, Wednesday Evening Book Group, Fiction and Nonfiction

Chair is Martina Ossman, (h) 610-793-1469, email ossman1072@aol.com.

Wednesday, January 16, 7:30 refreshments, 8:00 book discussion. Book is *The Worst Hard Time* (nonfiction) by Timothy Egan. Ann Boohar is the discussion leader. Hostess is Bette Twadell, 610-696-4368. *New members welcome.*

Lit IV, Monday Evening Nonfiction Book Group

Chair is Paula McGinness, (h) 610-942-4852. Monday, January 21, 7 pm, at the Magnolia Grill, Chester County Book & Music Company, West Goshen Shopping Center, Route 202 and Paoli Pike, West Chester. Book is TBD. *New members welcome.*

Great Decisions will meet Monday, January 14, at 1:30 pm, for a discussion of *War Crimes*. Location is same as that of Lit IV above. Leader is Kathryn Retallick. For information, contact Chair Jacky Page, 610-359-9887. *New members welcome.*

FIG (Food Interest Group) generally meets the second Saturday evening of the month for a fun dinner experience. Alice Spivey is the new chair. Call her at 610-696-5536 for information. January Meeting will be at Leslie and George Wachob's home at 1201 Porter Street, Chester Springs on January 12, 2008, at 6:30 pm. The theme will be Mardi Gras. Please call Leslie to let her know whether you will be attending and whether you will bring an appetizer, a salad, or a dessert. It is BYOB. Singles are invited. Please come and "Let the Good Times Roll." *Singles and new members welcome.*

Finance Discussion Group -- Leslie Olson chairs the group, olsonfour@aol.com or 610-399-1371. Finance Group will meet at 7 pm at the Chester County Book Company on Wednesday, January 2, 2008. We will discuss ETF's. This meeting was postponed from December. Leslie Olson will lead the discussion. *New members welcome.*



AMERICAN
ASSOCIATION OF
UNIVERSITY
WOMEN

West Chester-Chester County PA Branch
415 Sunset Hollow Rd.
West Chester, PA 19380

January 2008 Newsletter

- Meeting is Jan. 8, 7 pm

AAUW Mission Statement

The AAUW advances equity for women and girls through advocacy, education and research.

AAUW Vision Statement

AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

AAUW West Chester – Chester County Branch Vision Statement

The West Chester-Chester County Branch will

- Actively recruit members who support Association goals.
- Nurture these members through active Interest Groups, through monthly meetings with intellectual and social merit, and through member support.
- Sponsor at least one project per year with volunteers and with funds to promote Association and branch goals.
- Sponsor at least one local scholarship per year for a nontraditional student
- Support programs for training and self-development of branch members to promote Association goals.
- Raise funds through community projects and member gifts to support Association goals.

Since its first meeting in 1881, AAUW has been a catalyst for change. Today, with more than 100,000 members, 1,300 branches, and 500 college and university partners, AAUW contributes to a more promising future and provides a powerful voice for women and girls—a voice that cannot and will not be ignored.

www.aauw.org

www.aauwpa.org

www.aauwchestercountypa.org