

AAUW Impact

empowering women since 1881 American Association of University Women

Volume 29 No 8

May June 2015

Scholarships and Woofers-New Zealand



Tuesday, May 26

6:00 p.m. Social; 6:30 p.m. Potluck; 7:00 p.m. Program

Please join us for our annual scholarship potluck* dinner. We have four high school recipients this year and three recipients of the Project Renew Scholarships. This will be a great time to get to know the scholarship winners and learn why those of us on the committee, Susan F., Andrea M., Paula D. and Kathy T., chose these fine women. With a total of seven recipients and their families invited, we hope many of you will be able to attend and share your hospitality and conversation.

We will celebrate the scholarship winners first and then move on to the second part of the program—Barb Bendlin presenting Woofers-New Zealand. WOOFing (Worldwide Worker Opportunities on Organic Farms) in New Zealand with Barbara Bendlin will be the story of a six week trip that Barb and her husband took January to March to experience Spring in New Zealand. They stayed with three different Kiwi hosts and while working learned about plants in New Zealand and experienced the life style of the native New Zealanders. Barbara is a teacher at UW-Rock County and lives in a home in Milton where the landscaping would rival Rotary Gardens in Janesville. With Barbara's skill in teaching you will be impressed with a superb presentation and amazed at the beauty of New Zealand.

***Please note: The committee will be providing lasagna (1 red sauce, 1 white, 1 vegetarian). For the potluck, we're asking members to bring appetizers for the social time, salads, vegetables, desserts, rolls.**

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This is the final issue for the year

AAUW values and seeks a diverse membership

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AAUW's Mission: Advancing equity for women and girls
through advocacy, education and research.

President's Message

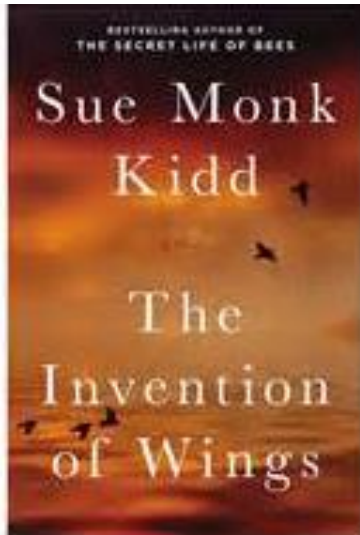
Hopefully spring is finally here, because that means our favorite meeting of the year is upon us. It is always so gratifying to hand out our scholarships each May. Helping young women and some mature women continue their education is what we are all about. All of those hours at our book sale are worth it when we listen to the recipients stories, and plans for the future. A portion of our book sale and auction funds goes to the AAUW Fund. These funds also go to help women in many different ways. Our May meeting is definitely a time to celebrate our efforts and cheer on these scholarship winners. Dig out your best pot luck recipe. The hostesses are bringing a variety of pasta dishes, so concentrate on salads, rolls, and desserts. Please be generous with your dishes as we will be feeding 7 scholarship recipients along with their families.

As we wrap up our program year, remember that there is still a meeting in June that our whole membership is invited to. Start reading now, so that you can participate in our discussion on the June 23. Other book discussion opportunities are available in July and August, and all of our branch members are always invited.

Emily and I hope that you have enjoyed the programming this year, and that your membership has been meaningful. Please send in your dues renewal forms, and encourage other women in your life to join us. Consider taking a board position or becoming involved in a committee to make your membership more meaningful. Many hands make light work.

Have a great summer! Diane





The Invention of Wings

By Sue Monk Kidd

Tuesday, June 23

Woman's Club

6:30 Pot Luck Dinner

Followed by discussion

We are having a special book discussion this June. We will be inviting the Diversity Action Team members to meet with us in sharing a pot luck dinner, followed by the book discussion. We are also encouraging all of our branch members to attend. We are hoping for a large attendance, and will be meeting at the Woman's Club. People who have already read the book have had nothing but positive reactions. Mary Buelow will be leading our discussion.

From *USA TODAY*

Sue Monk Kidd's *The Invention of Wings* — the new pick of Oprah's Book Club 2.0 — tells a searing and soaring story of two women bound together as mistress and slave.

Kidd weaves her potent novel from the real story and writings of abolitionist Sarah Grimké, who grew up on a plantation in Charleston, S.C., and with her sister, Angelina, fought to end slavery and champion the rights of women.

When Sarah turns 11, her mother gives her 10-year-old Hetty, better known as Handful, to be her waiting maid. The real Sarah Grimké had a slave named Hetty, but details of her short life are scant. Kidd gives Hetty an unforgettable story.

Repulsed by the idea of owning a fellow human being, Sarah draws up a contract to free Handful. But Sarah's viciously vindictive mother rips the contract in two, and Sarah and Handful are linked for life.

Why a meeting in June? We get so involved with the book sale in February that we have no energy left over for a regular branch meeting. We also have many members who have fled to warmer climates. So.... We thought a June meeting would be a good idea. This year is a transition year; we hope to have June meetings for years to come.

New Officers Elected

At our April meeting we approved the nomination of our new officers and elected them for the next two years. Pat Phillips will be our new president elect for a year followed by 2 years of presidency. Diane Adams will continue as co-president for at least one of those years. Mary Buelow will be our Vice-President of Programming. We are looking forward to her great organizational skill, and vast knowledge of just about everything. Kathy Thostensen returns as a Vice President of Finance. I know she will step right in and take good care of us. Let's show our support for each of them, and help when asked.



Board Positions Available

As we plan for next year, we need to fill up our board positions. If you are currently on the board and would like to continue in your position, please contact Diane Adams rjadams65@frontier.com to let her know. If there is something you would like to be involved with, please let Diane know that also. We are looking for a publicity person to be trained by Pat Phillips. She has made wonderful contacts this year, and the job should be easier than in the past. We also need a social chair, to be trained by Pat also. Our little Library project has not taken off yet, we are in need of an energetic leader. If being a board member is too much, consider being on a committee. Hope to hear from you all very soon.



Program Planning Meeting

At our April board meeting we generated a long list of program ideas. On May 18th at 6:00 in the Hedberg Library downstairs meeting room, we will be working with those ideas and planning our schedule for next year. There is still room for more ideas, so don't feel that it is too late to get involved. Please attend, and help our new program VP get started.



Book Discussion



It's hard to believe but summer is just around the corner. Soon it will be time for "Book Discussion Summer Potlucks"!! Yay!! But I'm getting ahead of myself.

In April the group met at Janet Dow's and discussed *A Tale for the Time Being*. In May we will be discussing *The Language of Flowers* by Vanessa Diffenbaugh. We will meet at Jane McBride's home on the 19th. On June 23, we are having our joint meeting with DAT at the Woman's Club starting at 6:30 with a pot luck. *The Invention of Wings* by Sue Monk Kidd is the selection and Mary Buelow has agreed to lead that discussion. July's book is *The Girl on the Train* by Paula Hawkins. The date is the 21st and we will be caravanning to the home of MJ Mukerji in Delavan. Driving arrangements will be planned at the June meeting and via email. August takes us to Emily's house on the 18th, and the selection is *Leaving Time* by Jodi Picoult.

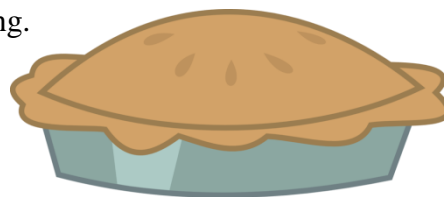
All addresses are in your membership book. Any questions, please call Paula at 608-201-2138. Please feel free to bring a friend!!

Pop Up Restaurant Is May 15

By now you should have received your invitation to the Pop Up Restaurant meal. Please consider attending this unique event. The funds raised will go to the Rejuvenate 108 fund. The Woman's Club is in need of funds to upgrade and maintain the building. This dinner will be prepared by Janesville native Nate Carney (known as Chef Rafe) focusing on local produce. Price per person for this event is \$75. Make your reservations today by calling Ellen at 754-4544

Calling All Hostesses

We are looking at filling up our hostess positions for next year. Look at your calendars, and come prepared to volunteer for a slot. If you can't make the May meeting, please contact Pat Phillips to volunteer. pPhillips1400@gmail.com or 608-436-3050. If we all take a turn, we can look forward to delicious treats at each meeting.



Please send in your dues renewal form. There is a copy in this issue of Impact. You can save our new treasurer from hours of work if you can take care of this by early June. We will have paper copies of the form at our May meeting, but hope to hear from you before that.

Positive Societal Change

By Leslie Brunsell

When I joined AAUW in 1978 our Mission Statement read as follows: The American Association of University Women promotes equity for all women and girls, lifelong education, and [positive societal change](#). When our mission statement changed to the more proactive “Advancing equity for women and girls through advocacy, education, philanthropy, and research,” I worried that we would no longer be promoting diversity and social justice. I am glad to say we have continued to do this through our association with the Diversity Action Team of Rock County and the YWCA.

One way we can all join in the fight for social justice is to stand against racism with the YWCA. At our April branch meeting several members stood up for a photo to show their support. If you were unable to attend the meeting, I wanted you to have the opportunity to “Stand Against Racism” by making the following pledge:

- ✓ As an individual committed to social justice, I stand with YWCA Rock County against racism of any kind. I pledge to challenge any expression of racism in my presence by my family, my friends, my co-workers and those I encounter. I will commit to a lifetime of promoting peace, justice, freedom and dignity for all people in my community and in the world.

I PLEDGE TO:

- ✓ Challenge Racial Slurs
- ✓ Examine my own language or unconscious bias or stereotypes
- ✓ Recognize and avoid using language that reinforces stereotypes
- ✓ Learn more about and appreciate the richness of other cultures and respect holidays and events.

Contact YWCA Rock County for more information about ***Stand Against Racism 2015*** at www.YWCAROCKCOUNTY.COM or call 608.352.2023



Members and guests at our April Branch Meeting posed for a picture supporting the YWCA’s Stand Against Racism. This image will be posted to the YWCA Facebook page.



JOIN US

SELMA:

BRIDGE TO THE BALLOT

When: May 7, 2015
6:30 pm – 8:00 pm
Where: UW Rock County- 2909 Kellogg Avenue
Janesville, Wisconsin

The Diversity Action Team of Rock County (DAT) invites you to view the Southern Poverty Law Center's documentary of *Selma: Bridge to Ballot*. Santo Carfora, President of DAT and S&J Consulting will be the facilitator for this event.

This film tells the story of a courageous group of students and teachers who, along with other activists, fought a nonviolent battle to win voting rights for African Americans in the South. The Selma to Montgomery legacy includes the sacrifices of young people whose history is seldom told.

Open to the public – free to attend.

Questions, please contact: Santo Carfora at (608) 756-1815 or email at diversityactionteam@gmail.com.



DIVERSITY ACTION TEAM OF ROCK COUNTY

www.datrockco.org

FACEBOOK: The Diversity Action Team of Rock County

Email: diversityactionteam@gmail.com

Phone: (608) 756-1815

**AAUW MEMBERSHIP RENEWAL FOR 2015-2016
JANESVILLE BRANCH**

Advancing equity for women and girls through advocacy, education, philanthropy, and research.

Note: **\$46** of AAUW National dues **are now deductible** as charitable contributions for federal income tax purposes. AAUW Fund contributions are tax deductible to the extent allowed by law.

Please print clearly and highlight new or changed information.

Name:		
Address:		
City:	State:	Zip Code:
Phone:		
E-Mail Address:		

Membership Categories: (Please circle the category that applies to you)

- \$95 Renewing or new member and you **have not paid** Woman's Club dues directly or through another organization (National \$49, State \$13, Branch \$13, Woman's Club \$20)
- \$75 Renewing or new member and you **have paid** Woman's Club dues directly or through another organization (National \$49, State \$13, Branch \$13)
- \$46 Paid Life Member who is also a member of Woman's Club (State \$13, Branch \$13)
- \$17 Student Affiliate—National (Optional State membership for an additional \$6.50)
- \$20 Honorary Live Member who has not paid Woman's Club dues directly or through another organization
- \$0 Honorary Life Member (If you've been an AAUW member for 50+ years)

Additional Contributions:

\$_____ AAUW Funds

\$_____ Scholarship: Supports our local scholarship giving

\$_____ Sponsorship: Helps subsidize memberships for our members based on need

Total Amount Enclosed \$_____

Due Date: June 15, 2015

Make checks payable and remit to:

**AAUW-Janesville Branch
PO Box 8033
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Welcome to your Yoga Practice

What is Yoga?

Yoga originated 5,000 years ago as an Ancient philosophical discipline, not a religion. Yoga is a Sanskrit word meaning "Union".....integrating our body, mind and spirit.

Who could benefit from Yoga practice?

No matter your age, size, shape or fitness level, Yoga can help you maintain your vitality, boost your immunity and build your strength, stamina and confidence. Regardless of your age and fitness level in the beginning, you can safely and gradually increase the intensity of your Yoga workouts to achieve your anti-aging and fitness goals.

What are some of the benefits of a regular Yoga practice?

Regular Yoga practice will help keep your joints and muscles supple allowing you to move more easily. Yoga practice has been proven one of the most effective ways to restore joint health, relieve muscular tension and back problems, improve strength and help relieve stress. It is excellent for creating and maintaining a healthy respiratory and circulatory system, as well as stimulating the immune system. It can also help to improve your balance and flexibility.

How do I get started?

Call Ruth (608-295-5177), visit yogawisconsin.com, or stop in for a trial class. Proceed through your workout slowly, safely and with awareness of your body. Feel free to push yourself, but know your limits.....*work poses at your own comfort level*. Remember, Yoga is not a competition.....it is an individual practice.

Smile, you are doing something good for yourself!!!!

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Ruth Armstrong, RYT

(608) 295-5177

www.yogawisconsin.com/yogawisconsin@gmail.com



Ruth demonstrated basic yoga moves at the April Branch Meeting. Our refreshments were healthy, too! If yoga interests you, Ruth offers classes at various locations. Find out more at her web address above.

Fax: 608/752-9117

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Sometimes great families are built not born

Calendar

May	2	Spring Clean Up Day at The Woman's Club from 9-11 a.m.
	7	DAT: Bridge to the Ballot
	15	Pop Up Restaurant
	18	Program Planning for AAUW at HPL, 6:00 p.m.
	19	Book Discussion, 7:00 p.m.
	26	Branch Meeting at Woman's Club, 6:00 p.m.
June	15	Dues are due!
	23	Combined Branch, Book Discussion and DAT Meeting: <u>The Invention of Wings</u> at Woman's Club, 6:30 p.m. (Potluck)
July	21	Book Discussion and Potluck at MJ Mukerji's in Delavan: <u>The Girl on the Train</u>
August	18	Book Discussion and Potluck at Emily Scheuneman's: <u>Leaving Time</u>



Happy Spring from Janet and Diane! Remember to please print the parts of your Impact that remind you of our upcoming dates. (Virginia Bluebell photo taken by Janet at Starved Rock State Park)