



Lower Connecticut Valley Newsletter

*lowerctvalley-ct.aauw.net*

December 2016

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### **CALENDAR**

Dec 1	Thu	7 PM	Evening Bridge
Dec 7	Wed		Long Wharf Theater
Dec 8	Thu	1 to 3 PM	Afternoon Book Group
Dec 13	Tue	1 PM	Mah Jongg
Dec 14	Wed	7 PM	General Meeting
Dec 19	Mon	1 to 3 PM	Afternoon Bridge
Dec 20	Tue	7 PM	Evening Book Group

### **GENERAL MEETING**

Date: Wednesday, December 14th, 2016

Place: St. Ann's Episcopal Church  
82 Shore Road (Rte. 156)  
Old Lyme.

Time: 7:00 PM

The December Meeting will be held at the St. Ann's Episcopal Church, 82 Shore Road (Rte. 156) Old Lyme. The festivities will begin at 7pm.

For background music Steve Dedman will perform a medley of tunes on the keyboard accompanied by a violinist. We will provide beverages and ask that you bring either an appetizer or dessert. As in years past we will have a raffle. For those of you who have items that you think will be appropriate for the raffle such as home made crafts, unused gifts you might have received, jewelry that is not you but others may love, please come a few minutes early so that we can set up the raffle table.

The meeting is a wonderful opportunity to connect with old and new friends in a fun relaxed atmosphere. And this year we are especially

fortunate to have Steve Dedman perform. He founded his band, "The Plywood Cowboys", in 2015 and has played here in Connecticut to rave reviews.

### **PRESIDENT'S MESSAGE**

Our local AAUW group is alive and well ! I am pleased to report that we have had between 45-50 members attend our last two monthly meetings. Members are also enjoying the interest groups, creating friendships and learning from each other. The Cultural Trip to NYC 9/11 museum was a great success and the group is looking forward to the December trip to the Long Wharf Theater.

Many thanks to all who donated items for the New London Women's Shelter. Sara and I brought two car loads of items to the shelter . Your contributions were greatly appreciated.

We also need to thank Dr. Al for coming to the rescue as our November guest speaker since our original speaker was unable to attend. Dr. Al's stress

free tips and examples left us with ideas to use during this busy holiday season.

Our Membership Directories are currently being distributed at meetings and functions. If you are unable to attend meetings, please contact Sara to make arrangements to pick up your directory . Out of state members will receive theirs through the mail. It is a resourceful guide as to what is happening in our local chapter.

We hope to see you all on December 14, 2016 for our Holiday Social - 7pm at St. Ann's Church, Old Lyme. This is a great social time to visit each other while having munchies and dessert . Steve Dedman will provide piano music throughout the evening.

The Board wishes you a wonderful Holiday Season. Enjoy spending time with family and friends. Eat a lot! End with a walk on the beach!

Audrey

### **DESIGNATED CONTRIBUTIONS FUND**

At any time an AAUW member can send a donation to this fund. It is not limited to but can be in memory of a loved one, remembrances, birthdays, anniversaries, births, weddings, and friendships.

Listed below are the steps to take when making a donation:

1. Send your donation to our treasurer (this year Mary Jane )
2. Make checks out to AAUW Lower Connecticut Valley
3. State to whom you are giving special recognition and why- birthday, memorial etc.
4. Please note which line item in our budget or at the AAUW National level you wish your monies to support: ex. scholarship, programs, hospitality, an AAUW National fund. If you wish to give a generic gift , the Board will vote on which line item is most in need at that time.
5. Upon receiving your check the treasurer will send you an e-mail confirming receipt of your check.
6. Our secretary will send a note to the family or recipient of your gift. Please include the names and addresses with your check. If no note is necessary, please state so in your letter to the treasurer.

We hope by your generosity and kindness to others our funds will grow to enhance our local and national good works.

Audrey

### **SCHOLARSHIP COMMITTEE**

Our two education grant recipients, Megan D.and Viktoria C., will be contacted at the end of the month and asked to provide the necessary paperwork to allow them to receive the second half of their grants. They need to provide a transcript indicating satisfactory grades for the fall semester and proof of registration for the spring semester. Upon receipt of this documentation, they qualify for disbursement of an additional \$1000 which they can use toward the spring semester. Their total grant is \$2000 each.

Rose  
Chair

### **FUNDRAISER UPDATE**

Save the date for our Book Authors' Luncheon on April 1st at Saybrook Point Inn! Two women authors, Dawn Tripp and Micheel Hoover will jointly discuss their writing process and, of course, speak about their books. It's bound to be a very popular event this year!

The committee will begin the planning on Wednesday, January 11th, 1-3 pm in the Acton Library conference room. If you are interested in being part of the process and new members are welcome, please call Sara K. or email.

### **EVENING BRIDGE**

Eloise B. will be hosting Evening bridge at her home on Thursday, December 1 at 7pm.

### **AFTERNOON BRIDGE**

December afternoon bridge is scheduled for the 3rd Monday in December.  
RSVP Bonnie

## MAH JONGG

Mah Jongg will be on Tuesday, December 13<sup>th</sup> at 1:00 pm at Margie R's home. Please contact Margie if you are interested in joining.

## GOURMET DINNER SERIES

We will be having a Sunday Brunch in January. Date to be determined. If you are not a member of the group and would like to join, please contact Sharon

## EVENING BOOK GROUP

Many thanks to Jane K. for hosting our November meeting and to Dot for leading a most interesting discussion of The Sympathizer. The Evening Book Group will meet on Tuesday, December 20 at 7 pm at the home of Deb D. The book of choice is The Tribe by Sebastian Junger. Please call or email Deb if you plan to attend.

## AFTERNOON BOOK GROUP

The **Afternoon Book Club** will meet on **Thursday, December 8th at the Acton Library from 1-3 pm**. The book for discussion is Behind the Beautiful Forevers by Katherine Boo. There is no need to RSVP. All are welcome even if you have not read the book.

**Please note that Thursday the 8th** is a change of date due to a conflict with the Cultural Trip.

## GREAT DECISIONS

The books for Great Decisions 2017 will be ordered in mid-December. If you are planning to join our discussion series that starts in February, please send me a check for \$30 by the end of the first week of December, made out to Lower CT Valley AAUW, and mail to Donna. This amount will cover your book, the DVD that the group will view at the beginning of each meeting, and shipping.

The books will be distributed at the January Tea. If you are unable to attend the Tea, I will make other arrangements with you to ensure you receive your book in time for the first Great Decisions meeting on February 7, 2017.

Any questions can be sent to Donna

## AAUW Lower Connecticut Valley 2016-2017 Meeting Schedule

Please mark your calendars for the upcoming year. Please note Feb 2017 afternoon meeting!

Due to reduced hours at the Acton Library we have switched some of our monthly meetings to the:

### **Essex Public Library**

33 West Ave  
Essex, CT 06426

**December 14, 2016** - St Ann's Church Old Lyme - Holiday Party- 7pm

**January 7, 2017**- Old Saybrook Pasbeskauke Pavillon at Saybrook Point- Annual tea- 1pm - 3pm

**February 8, 2017**- Acton Public Library-Old Saybrook - 1pm

**March 8, 2017** - Essex Public Library - 6:45pm

**April 12, 2017** - Joint meeting with the Shoreline Branch -location TBD- 6:45pm

**May 10, 2017**- Essex Public Library- 6:45pm

**June 2017 Date** -TBA- End of year event at the Ivoryton Theater

## MEETING MINUTES

LCV AAUW Branch Meeting 11/9/2016

Audrey called the meeting to order at 6:45 pm. She welcomed two new members who were present. She also thanked everyone who brought items or gift certificates tonight for the Women's Shelter. She and Sarah will deliver the gifts to the shelter tomorrow. Any members who would still like to make a donation to this worthy cause may also bring items or gift certificates to the December 14<sup>th</sup> Holiday Party.

The minutes for the last Branch Meeting on October 5, 2016 were unanimously approved.

**Treasurer's Report:** Mary Jane reported that there is \$2,582.35 in Checking and \$3,798.36 in Savings.

**Interest Groups:** Sharon H. reminded the group that the next Dinner Series event will be this Saturday November 12<sup>th</sup>. The Afternoon Book Group meeting for December was changed to Thursday the 8<sup>th</sup>. The book to be discussed is "Behind the Beautiful Forevers". The next meeting of the Evening Book Group to discuss "the Sympathizer" is November 15<sup>th</sup> at Jane K's home. Dot B. reported that 15 people have signed up for the December Theater Group to see "Other People's Money" at the Long Wharf Theater. Audrey reported that the date for the end-of-year event at

the Ivoryton Theater has been changed from June 7<sup>th</sup> to the 14<sup>th</sup>.

**Membership:** Sara reported we now have 100 members, including six men. Members were asked to send any corrections to their addresses, phone numbers or e-mails in the new Membership Directory to Sara.

**Programs:** Olga reminded everyone that the Holiday Party is on December 14<sup>th</sup> at 7pm at St. Ann's Hall in Old Lyme. There will be a Chinese Auction and music will be provided by Steve Dedman. Members are asked to bring an appetizer or dessert.

Sara asked members to mark their calendars for the Author's Luncheon on April 1<sup>st</sup> at the Saybrook Point Inn. This is the major scholarship fund-raising event of the year so please plan to attend and think about inviting family members or friends to attend with you.

**By-laws:** The by-laws for our branch need to be updated by January 2017. Lynn D. will be working to complete the revisions by January.

**Public Policy:** Barbara H. urged members to familiarize themselves with issues that our national AAUW has targeted for the upcoming year. One of these is equal pay for equal work.

**Shoreline Luncheon:** Elaine Q. reported that the Shoreline Group had a very successful luncheon on November 5<sup>th</sup> at the Clinton Country Club. A total of 76 members attended, including three from our LCV Branch.

**Tech Savvy:** Dot . informed us that this effort was started four years ago by the State AAUW to encourage middle school girls to consider careers in science and math. Last year, 200 students and their parents attended sessions at Trinity College. This year's event will be held from 8:30 to 4 pm on Saturday March 4, 2017 at Trinity College in Hartford. Volunteers are needed, so anyone interested should contact Dot.

**Alcohol Policy:** Audrey gave an update on what discussions the Board has had to date regarding the pros and cons of serving alcohol at any AAUW-sponsored events in either public meeting places or in members' homes. Our current insurance policy does NOT cover us for any liability related to alcoholic beverages being served at events. The Board felt that the cost of buying additional coverage to cover serving alcohol was prohibitive and would siphon funds away from key objectives such as scholarship funds. Therefore, the Board has decided that alcohol will NOT be served at any

AAUW events with the exception of the Dinner Series Group (where members bring and serve themselves their own liquor) or events such as the Author's Luncheon at Saybrook Point Inn or Ivoryton Theater where the facility has their own licensed bartenders and necessary insurance.

**Designated Contributions:** The Board has established The Designated Contributions Fund to allow members to make contributions to enhance our local and national AAUW activities. Anyone can give to this fund at any time. It is not limited to, but can be in memory of a loved one or friend, birthdays, anniversaries, births, weddings, and friendships. Listed below are the steps to take when making a donation:

1. Send your donation to the LCV Branch Treasurer (currently Mary Jane ).
2. Make checks payable to AAUW Lower CT Valley
3. State to whom you are giving special recognition and why (birthday, memorial, etc). Please include name and address of any family members who should be notified if your gift is in memory of someone.
4. Please note what you wish your monies to support, e.g., scholarships, LCV or National AAUW Programs, Hospitality, etc. If you wish to give a "generic" gift, the LCV Board will decide where to use the money where there is the greatest need.
5. Upon receipt of your check, the Treasurer will send you an email confirmation.
6. The LCV Branch Secretary will send a note to the recipient or their family of your gift.

The business meeting was called to a close by Audrey C. at 7:25 pm turned the meeting over to Olga.

**Speaker:** Olga informed us that our scheduled speaker Barbara Herr was unable to come this evening so she asked Dr. Albert S. to speak about self-hypnosis and its power to reduce stress in our daily lives. Dr S., who is an anesthesiologist by training, gave a fascinating talk, including a "group hypnosis" session to demonstrate the power of this technique. He has used hypnosis in his medical practice for patients undergoing surgery, for medical students facing exams, or in his own everyday life to deal with pain due to shingles. Our

thanks to Dr S. for an excellent talk and for agreeing to speak on short notice.

Deborah DeHertogh