



Lower Connecticut Valley Newsletter

lowerctvalley-ct.aauw.net

November 2016

CALENDAR

Nov 1 Tue	9/11 Memorial Museum
Nov 2 Wed 1 to 3 PM	Afternoon Book Group
Nov 3 Thu 7 PM	Evening Bridge
Nov 8 Tue 1 PM	Mah Jongg
Nov 9 Wed 6:45 PM	General Meeting
Nov 12 Sat 6 PM	Dinner Series
Nov 15 Tue 7 PM	Evening Book Group
Nov 21 Mon 1 to 3 PM	Afternoon Bridge

GENERAL MEETING

Date: Wednesday, November 9th, 2016

Place: Essex Library

Essex CT

Time: 6:45 PM

Guest Speaker: Barbara Herr

Topic: Self Hypnosis

De-stressing for the Holidays

Barbara Herr is a Certified Hypnotherapist and a Certified Instructor through the National Guild of Hypnotists and IACT, the International Association of Clinicians and Therapists. Barbara Herr was also the chapter president for the central New Haven area for five years.

She is an instructor in both self-hypnosis and hypnosis certification at Gateway Community College located in New Haven, CT. Barbara also teaches self-hypnosis through the shoreline adult education program (ERACE).

In Barbara's private practice she provides corporate training seminars and individual coaching sessions. Her private practice includes working with children and adults to overcome stress disorders, manage diabetes, reduce weight, quit smoking, improve sports performance, improve academic performance, release fears or phobias, improve memory and provide pain control.

Barbara received her BA degree from Indiana University, Bloomington, IN and worked in the computer industry for years prior to developing her skills in hypnosis.

Holiday Collection for the Women's Center

We will be collecting donations for the New London Women's Center at the regular General Meeting on **November 9th**.

As a reminder, we will be collecting **new** or **never used** articles of clothing for men, women and children of all ages. Diapers and necessities for small children are often greatly appreciated. Donations can also include books, games, and puzzles. Gift cards to local department stores, i.e. Walmart, Target and grocery stores are also greatly appreciated. All donations should be new and donated unwrapped ---- this facilitates the ease in distribution at the Center.

As a Branch, we have filled two cars with donations in the past!!!! Let's aim for **THREE** this year!!!

Cars will be parked near the front of the library for you to drop off your items on the way into the meeting.

Mary

PRESIDENT'S MESSAGE

We had over 40 members at the October 2016 meeting at Essex Library! Very exciting to see members come out, especially since the program presented by Dr. Mary Anne Borelli on the First Ladies was both timely and informative. Thanks to Mary and Olga for the night's program. At our November 9, 2016 meeting they have arranged for Barbara Herr to speak on self hypnosis: De-stressing for the Holidays! Sounds again like a timely program.

Our AAUW Membership Directory has been completed. Directories will be handed out at our November meeting. We will mail directories to our out of state members. If you find any errors or omissions, please notify Sara or Sally.

It has been a busy month for our interest groups. Please remember anyone can hop on board any of the groups at any time. Please refer to the Membership Directory for those members in charge of the various groups.

At our November meeting we are collecting clothing, etc for the Woman's Shelter. This has typically been collected at our December meeting. Since December is such a busy month it has been suggested that we have the collection in November. A list is included in this November Newsletter with ideas for donations. Cars will be parked near the front of the library for you to drop your items on the way into the meeting. Hope we can fill at least three cars with goodies!

Remember to VOTE on November, 8, 2016! Anyone needing a ride to the polls can contact any board member. Arrangements will be made for you to get to the polls.

See you all on Wednesday, November 9, 2016-6:45pm at the Essex Library.

Audrey



ALCOHOL POLICY UPDATE

The Board has made a number of inquiries to the National AAUW Headquarters regarding the serving of alcohol at AAUW functions. We have also received a copy of the insurance policy in which we currently are a participant. Based on the information from both sources we have found that our AAUW Branch is not covered to serve alcohol at events and interest group gatherings. After much discussion the Board has concluded that we will not be able to serve alcohol at our functions. The only exception stated within our insurance policy pertains to the Gourmet group which is BYOB. Those participating bring their own alcoholic beverages, drink their own beverages and take home their beverages at the end of the evening. It is also important for host members to have Homeowners Insurance when BYOB events are held in your homes.

Thank you for adhering to these conclusions. Our September and December events will still continue to be festive and fun for all!

Audrey

SCHOLARSHIP COMMITTEE

Our current education grant recipients, Megan and Viktoria, are attending fall semester classes at their colleges. Megan is a senior at UCONN at Storrs, majoring in English Education. Viktoria is a sophomore at Elon University in North Carolina, majoring in Acting and Liberal Music Arts.

The Scholarship Committee met recently to begin preparing for the next cycle of education grants which will cover academic year 2017-2018. Committee members are Carolyn C., Nancy F., Barbara H., Mary M., Rose P., and Suzanne T. We anticipate being able to grant awards to two students, as we have done in the past, and to sponsor one or two students to NCCWSL in June 2017. We welcome your thoughts and encourage you to contact any one of us.

Rose

Chair

MEMBERSHIP COMMITTEE

Please welcome one new member:

We now have 99 members

EVENING BOOK GROUP

The Evening Book Group will meet on Tuesday, November 15, at 7 pm in the home of Jane K..

We will be discussing

"The Sympathizer" by Viet Thanh Nguyen.

Please contact Jane if you plan to attend.

AFTERNOON BOOK GROUP

The next meeting of the Afternoon Book Group will be on **Wednesday, November 2nd from 1-3pm at the home of Audrey C..** The book for discussion is **Clementine: The Life of Mrs. Winston Churchill** by Sonia Purnell.

If you plan to attend, please rsvp to Audrey .

Olga

MAH JONGG

Mah Jongg will be on Tuesday November 8th, 1 PM, location TBA. Please let Sharon know if you will attend. We welcome those who are interested in learning the game. Call or e-mail Sharon if you would like to participate.

DINNER SERIES

The next dinner will be Saturday, November 12, at Mary Ann's and Bonnie's. Next event will be a brunch in January.

Anyone not already a member of the group can contact Sharon if they are interested.

Call or e-mail if you would like to attend.

EVENING BRIDGE

Betsy G. will be hosting evening bridge on Thursday, November 3. Please email Marcia if you would like to play.

Also- put December 1 on your calendar at Eloise's home.

Thanks, Marcia

AFTERNOON BRIDGE

November afternoon bridge is scheduled for the 3rd Monday in November.

RSVP to Bonnie

CULTURAL TRIPS

November 1 Tuesday

Cultural Trip to the **9/11 Memorial Museum**

15 members plan to make the trip

I will distribute the tickets and collect payment at our October 5th branch meeting at the Essex Library. The tickets cost \$34.09. We will travel via train, taxi and or subway. Follow-up details will be e-mailed to those members who will be participating on Nov. 1, 2016.

If anyone who has signed up can't make the trip, please contact me ASAP so that I can make the trip available to any other interested members.

Pat

December 7th – Wednesday

Annual Theater Party: Long Wharf Theater, 2 pm matinee.

Jerry Sterner's play... "**Other People's Money**"

Optional: lunch at Brazi's Italian Restaurant before the play

Reserve tickets (discounted to \$51.25)

Transportation: Carpool (from Exit 65) or "On Your Own"

All tickets are now taken. Will contact everyone who has signed up with details on ticket payment, meeting time, carpooling, and lunch at Brazi's. Looking forward to a wonderful afternoon!!!

Dot

AAUW PUBLIC POLICY

Please vote on November 8th! Please encourage others to vote as well.

Offer a ride to family, friends and neighbors who do not have transportation.

Tired of the election? Take on bullying and harassment with this branch project!

You've probably been following this election closely, and perhaps you even hosted a few voter registration drives. If you're feeling a sense of election fatigue, you're not alone. In what seems like a never-ending campaign, Americans have reported **serious stress and anxiety** over this election.

If you are feeling election fatigue, there are still ways to stay active with AAUW. Our new Title IX coordinator map makes it easier than ever to be a part of AAUW's historic project to improve gender equity in your local schools.

Why is this project important?

The U.S. Department of Education found that **some of the most egregious and harmful Title IX violations** occur when schools fail to have a Title IX coordinator or when a Title IX coordinator does not have the training or authority to oversee compliance with Title IX. That's why the Department released a great **resource guide** for Title IX coordinators to better understand and perform their important job of ensuring that learning environments are free from sex discrimination. By delivering these resources to Title IX coordinators at local schools, AAUW members are helping to ensure we put these materials into the hands of as many coordinators as possible.

How do I participate in this project?

1. Find your nearest Title IX coordinators.

Simply enter your zip code, and the coordinator's name, email address, and phone number will appear.

2. Schedule a meeting with the Title IX coordinator. Call or email the coordinator and let them know that you want to deliver the Department of Education's Title IX resources on behalf of AAUW.

This makes for a great branch project!

3. Deliver the resources! Print the **resource guide** and the **letter to Title IX coordinator** to bring to your meeting.

Bonus step: Don't forget to **report how your meeting went!** With your help, we can track of how many Title IX coordinators our members have contacted by putting your branch on our delivery map.

Help us fill our map with even more deliveries nationwide. Take part in this important project today – and, of course, don't forget to vote!

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

November 9, 2016- Essex Public Library - 6:45pm

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

January 7, 2017- Old Saybrook Pasbeskaue

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

AAUW LCV Branch Meeting 10/5/2016

The meeting was called to order at 6:52 pm by President Audrey T.. She introduced new member Margie R. to the group.

The minutes for the Sept 14, 2016 Branch meeting were approved.

Treasurer's Report: Mary Jane reported that there is \$2,415.35 in Checking and \$4,248.28 in Savings.

Interest Groups: Sharon H.I reported that the Dinner Series Group held their first event which was a cocktail party on October 1st. Approximately 20 people attended. The next meeting in November will be a dinner and in January, there will be a brunch.

The Mah Jongg group meets the second Tuesday of each month at 1 pm. The next meeting will be October 8th at the home of Gladys L. in Chester.

Dot B. reminded members who wish to attend the trip on October 13th to the Osborne Museum in Derby should commit tonight. The group will carpool from the car lot near Denny's in Westbrook and will leave by 9:15 am.

Pat L. reported that 15 people will be making the trip to the 9/11 museum on November 1st. Members should plan to get the 7:50 am train from Old Saybrook (or at the next stop in Westbrook). Members must be at the museum by 11:50 am. Lunch will likely be at a restaurant near the museum.

Finally, Dot reported that 15 members have signed up for the trip to Long Wharf on December 7th and that there is now a waiting list. Anyone interested in going should contact her as soon as possible and send her a check for \$51.25.

Membership: Sally K. announced that there are currently 98 members in our LCV Branch, of which 13 are new members. The Directory will not be available for distribution tonight as there has been a publishing glitch.

Programs: Mary M. reported that Barbara Herr will present at our November 9th meeting on “ Self Hypnosis: De-Stressing for the Holidays.” We will also be collecting for the Women’s Center at this meeting. Members are asked to donate gift certificates, clothing for clients of all ages (male and female), diapers, toiletries, games, books or puzzles. Members should give gift certificates to Audrey that night who will then give them all to the Women’s Center. Other Board members will be in the parking lot that night for members to drop off other items on their way in to the meeting.

The Holiday Party will be on December 14th at St Ann’s Church in Old Lyme. Steve Steadman from Chapel Hill Performers will provide entertainment. Audrey asked for volunteers to provide refreshments and help with set-up and clean-up that night. The January 7th meeting will be our Annual Tea. Mary is also planning a Trivia Challenge about AAUW, politics and the environment.

The Author’s Luncheon will be held on April 1, 2017 at Saybrook Point Inn.

Scholarship: Rose P. reported that our Branch has donated \$26,000 for college scholarships to 17 students since 2010. We have also given \$4000 to eight students to attend the NCCWSL meeting. This is truly something to be proud of.

State AAUW Meeting: Elaine Q. from the Shoreline Branch attended this meeting on 9/23/16 at Tunxis Community College. Many students were in attendance this year. The theme was “Barriers and Bias” facing women today. Joelle M. who is VP

and Chief Diversity Officer at UCONN was the keynote speaker. Breakout groups discussed what obstacles they had encountered and how they handled them. The highlight of the meeting for Elaine was a presentation by members of the Student Leadership Council on how much they valued their experience at the NCCWSL meeting.

Did You Know? Audrey gave her first of an ongoing series of newsworthy items about our members. Pat O. was congratulated on her recent recognition in the newspapers for her work as a poet. Audrey also thanked members who volunteer their time to the arts. Suzanne’s husband was wished a belated happy 90th birthday which occurred on Sept 14th.

A special AAUW Action Fund Award was given by Mary M. to Eva B. in recognition of her many years of excellent service to our Branch, especially with writing our newsletter. The AAUW Action Fund Award was established in 2009 to recognize women who, through their activism and volunteerism, contribute to equity for all women.

Finally, Audrey mentioned that the Board will discuss development of a Memorial/Celebration Scholarship fund at their next meeting on October 24th.

The business meeting was concluded by Audrey Chase at 7:25 pm. **The next LCV Branch Meeting will be held on November 9th at 6:45 pm at the Essex Library.**

After a brief break, Mary introduced Mary Anne Borrelli who is Professor of Government at Connecticut College. Professor Borrelli gave a wonderful talk on presidential spouses entitled “When East Wing Meets West Wing: First Lady Politics and Presidential Power.” We were all also challenged by her to take a quiz on how much we knew about first ladies of the 20th century! We will do better next time after her informative talk.

Deborah D.



Calling all teachers and parents who support girls grades 6-9!

Save the Date!

**4th Annual
TechSavvy
Conference**

Sponsored by American Association of University
Women – Connecticut Chapter and Trinity College

**SATURDAY
MARCH 4TH, 2017**

8:30 AM TO 4:00 PM

**TRINITY COLLEGE
300 SUMMIT STREET
HARTFORD CT 06106**

Although women fill close to half of all jobs in the U.S. economy, they hold fewer than 25 percent of STEM jobs. AAUW CT is one of 17 nationwide Tech Savvy sites working to improve those numbers. Connecticut's TechSavvy program is funded in part by AAUW, AAUW CT, NASA CT Space Grant, the Petit Family Foundation and the generosity of individual local donors.

- Hands-on workshops inspire girls to learn how STEM can be fun and help solve problems.
- Parents will learn tips on helping their daughters pursue and excel in STEM professions.
- Teachers will gain new tools to encourage girls' exploration of these fields.

Registration details coming soon.

Contact Donna Haghghat for conference questions.

860.416.5707 / donnahaghghat@gmail.com