

Monday, January 28, 2013

Cedar Falls Woman's Club

Gather 5:00 p.m.

AAUW Program 5:30 p.m.

Dinner and Business Meeting 6:15 p.m.

**Menu:**

Southwest Layered Salad with Beef
Tortilla Soup
Fried Ice Cream Pie
with Chocolate & Caramel Sauce

*Empowering Women:
Making Healthy Choices
the Blue Zones Way*

Reservations:

Mary Ellen Beckman
269-1893 pal.m@cfu.net
8 pm Thursday,
January 24, \$11.00
> call or email Mary Ellen
if you plan to eat with us.

Move Naturally: Exercise & Yoga

Mary Meyers
Field of Yoga Studio

Join us for our next dinner program January 28, 2013, at the Cedar Falls Woman's Club for Mary McInnes Meyer's presentation on yoga. Mary has been exploring and teaching yoga locally for a number of years, opening her own yoga studio, *Field of Yoga*, in 2010, to pursue her mission "to build the affirming, authentic community yoga fosters."

With a degree in engineering, experience in freelance writing and math teaching, and a love of yoga, Mary started a venture into the world of business with *Field of Yoga*. Now she is also a Blue Zones Purpose Committee Co-Chairperson. Mary has a unique background in fostering wellness in body and mind.

The definition of yoga Mary likes to use is "becoming free from whatever is holding you back, physical or mental." From her perspective as a Blue Zone's Purpose Committee Co-Chair, Mary will focus her presentation on the tools yoga provides for opening awareness to what's most true Yoga, which Mary believes prepares us to move naturally and also offers ways to discover our life's always-unfolding purpose.

No need to put on yoga togs or wipe away sweat with this program! Do be prepared for a glimpse into the power of yoga to open another part of the Blue Zone's path to well-being.

Mission:

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

Vision:

AAUW Cedar Falls Branch will be recognized as a leader in the community in advocating for women and girls.

Diversity Statement:

In principle and in practice, the AAUW, Cedar Falls Branch, values and seeks diversity. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

Board of Directors:

President Nancy Henderson
President-elect Barb Feuerhak
Past Presidents
Linda Morgan, Ardelle Brown
Vice Presidents for Program
Carol Hedberg, Susan Kimball
Vice President for Membership
Gayle Wood
Co-Vice Presidents for
Fundraising
Jean Kelly, Bonnie Smith
Secretary Dee Lynch
Treasurer Mary Fogarty
Public Policy Joan Kurt

Surprise Silent Auction

If you would like to join our special **Fundraising Silent Auction** event and love special surprises... bring a new or slightly used item to the January meeting. Put the item in a recycle gift bag and attach a clue as to what is inside the bag. Add it to the Silent Auction and take time to bid on a surprise bag for your self.

For more info, contact
Jean Kelly 290-7099

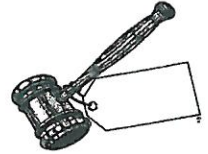


The Blue Zones Project

Blue Zones Project™ is all about helping you live a longer, better life, giving you the tools to make small, simple steps toward improved well-being for years to come. Regardless of our life stage, discovering a life purpose is the key to "the good life" for every person. It requires a willingness to invest in oneself and take a hard look at discovering what truly matters.

The Presidents' Corner

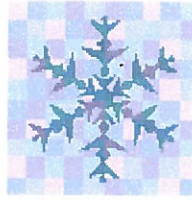
Welcome to 2013! There is so much to do in AAUW -- dinner meetings, interest groups, activities. I hope you have been able to join in some of these this past fall. But remember we still have several more months of this membership year left and there is so much to do. So, please join in the fun and friendship!



Nancy Henderson, President

Membership ~ ~ ~

Please welcome our new members who joined us this year: Kay Thrall, Dorothy Juhl Zelle, Laura Peterson, Joyce Spande, and Pam Hays. Introduce yourself at a meeting, visit with a new table partner for dinner. Some of these ladies are often unable to make our dinner meetings but have been actively participating in our other community service projects and interest groups.



Membership Committee will begin early this year to encourage our members to submit their annual dues, which are due to our treasurer no later than mid-June. Remember that our fiscal year closes on July 1, and members' annual dues are due to the national organization before that date.

Gayle Wood, Membership woodgt1@gmail.com

Public Policy

November Elections are done ... What happens next?

January Legislative Forum

The first local legislative forum of our new year will be held:

Friday, January 25th at
AEA 267
Time: 4:30-6:30 pm.

Legislators will have an opportunity to speak about their committees and their hopes, ideas, etc. for the new session.

Email me if you have questions or concerns.

Joan Kurt Public Policy/Voter Education
319-255-5890 jkurt@cfu.net

You Are What You Eat

Put Vegetables First

According to USDA guidelines, adults should eat 2-3 cups of vegetables daily. A handful of green beans with dinner won't get you there. Take a Plant Slant removing veggies from the sidelines to jump-start a healthier diet.

Plan meals around the vegetables. Grocery store ads show what's in season and on sale before you shop. Rather than meat as a main dish, find stir-fry or soup recipes that are heavy on veggies. (Look up recipes by vegetable name at www.fruitsandveggiesmatter.gov.)

Feature or start with salad. Salads can showcase a variety of fresh veggies, from romaine lettuce to green peppers, broccoli, spinach, carrots, cabbage, tomatoes, and more. Go light on dressing. Add cooked chicken or fish for a heartier meal. (Count two cups of raw leafy greens as one cup in your daily veggie count.)

Bake it in. Shred zucchini or carrots into casseroles, quick breads, and muffins before you bake. Chop zucchini, tomatoes, mushrooms, or spinach. Drop them into a pre-made pasta sauce for spaghetti before heating or layer them into lasagna.

discoverpurpose

bluezonesproject.com

What's in a Blue Cross and Blue Shield is an independent business of the Blue Cross and Blue Shield Association.

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Report From the
Board of Directors

Contact secretary
Dee Lynch for
further information



Iowa Initiative Maureen White,
Community Conversation Coordinator

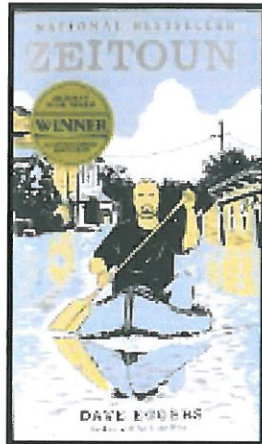
Community Action

**Cedar Valley
Discuss & Discover Diversity
Reading & Sharing**

ZEITOUN

by David Eggers

CV3D meets at University Book and Supply's lower floor classroom on Monday, January 14, 2013, at 4:30 p.m. to 5:30 p.m. Facilities at University Book & Supply are handicap accessible. All residents of the Cedar Valley are welcome, they need not have read the book to share in the discussion.



Zeitoun is the experience of one brave man and his loyal wife that allows readers to experience the nature and made-made devastation from Hurricane Katrina with new eyes. What Abdulrahman Zeitoun and others like him endured in the aftermath of that storm should never be forgotten. This book ensures that those of us who read and discuss it never will.

CV3D is sponsored by the Cedar Falls branch of AAUW, University Book & Supply and the Cedar Falls and Waterloo Public Libraries. We look forward to seeing you for this engrossing look at Hurricane Katrina and this family who survived it.

For further information contact
drjudy.beckman@cfu.net - 268-0544 if you have questions.
Dr. Judy Beckman Ms. Mary Dove
Co-chairs Cedar Valley Discuss & Discover Diversity

Promoting Global Awareness -



Our evening **Great Decisions** discussion group will meet Tuesday, January 22 at the Cedar Falls Public Library from 7 to 8:30 pm in the conference room. We will focus on the first topic in our 2013 briefing book, "Imperfect Union: the Eurozone in Crisis". Discussion will be based on the 30 minute DVD and the first chapter in the 2013 Briefing Book. (Ten copies left for \$20 each.) We will focus on "How did the 2008 global recession contribute to the euro crisis? Is the euro alive and well? How can the European Union leaders prevent the collapse of the common currency?" Each month our group of 12- 16 community and AAUW members discuss a different topic. Join us.
Gloria Tollefson, Chair
gtollefson@cfu.net 266-4075

AAUW Burma-Iowa Friends English Language Learner Project

The AAUW Burma-Iowa Friends (BIF) English Language Learner (ELL) Project was created to serve the needs of adult Burmese immigrants (with refugee status) who have settled in our community. It began at Sacred Heart School on Monday, December 3 with six adult students, three men and three women, and seven tutors. Most but not all of the tutors are AAUW members from Waterloo and Cedar Falls.

Rosetta Stone® language software is the teaching tool being used. Four different class times and days are currently offered creating a juggling act of student's work schedules and availability of the language lab during the school day. Students are asked to contribute \$10 toward each Rosetta Stone® language software license to demonstrate a personal commitment to attend classes. The remainder is paid through funds within the Catholic Church. The two AAUW branches are funding the purchase of ear buds and ear phones.

Tutors volunteer for anywhere from two to eight classes per month, depending upon their personal schedules. Class time is used for a Rosetta Stone® lesson(s) and then supplemented with materials and activities provided by tutors. The tutors are enthusiastic and have been quite innovative in using their teaching skills. We have found that most of the students already know some English, so that was very helpful particularly in the first sessions. Classes are going well and students are working hard.

In January we will have thirteen students and thirteen tutors. This may sound like plenty of tutors, but with personal schedules that include other volunteer activities, work, family care giving, travel and occasional illnesses we are still looking for additional volunteers. We would like to have four tutors for the classes that have six and seven students. Although some of our tutors are teachers, several are not and it is not a requirement. Please contact us if you know of anyone who might be interested.

We are pleased that AAUW has provided us the opportunity to serve our Burmese immigrants.

Co-chairs: Jane Close and Jeri Thornsberry,
Waterloo closej@q.com 983-2016

AAUW Action Network

Build a Library



<https://donate.peacecorps.gov/>

Co-chairs: Mary Dove, elybound1982@aol.com;
Dr. Judy Beckman, drjudy.beckman@cfu.net

International Studies Interest Groups

International Studies group will meet Monday, January 21, at First Presbyterian Church, 902 Main St. at 1:15 pm. The church parking lot and side walks are always well cleared of snow and ice and the church is completely handicapped accessible. Our meeting is in the dining room which is on the lower level. Our study for the day will be on the Euro. What is it's future? What should the United States be doing to support its European neighbors? What should we know about the situation regarding the European economies? We always have a lively discussion and all AAUW members are invited to take part.

For more information:

Ellie Tompkins at 231-4737

International Friendship Program

November 6, 2012, the annual Thanksgiving International Friendship dinner was held at Trinity Bible Church in Cedar Falls. Over 200 people were in attendance, comprising of Host Families and International students from UNI. Several of our AAUW members and their students participated. A delicious traditional Thanksgiving turkey dinner was served with guests providing side dishes and desserts. After dinner we had a fantastic piano concert performed by Oxana Khramova and Elena Lyalina, both graduate students from Russia majoring in piano performance. It was a wonderful evening!

Bonnie Smith



Women in Motion

Darline Balm-Demmel, Linda Morgan & Jamie Castle
For more information contact Darline at dargar@cfu.net.

Bridge For Education

Third Wednesday group ~

January 16 Ardelle Brown 266 - 6882
February 20 Claudia Kaestner 266-6161

Fourth Tuesday group ~

January 22 Ardelle Brown 266 - 6882
February 26 Not assigned... yet.

Dargy Baxter Facilitator
mmbaxter76@hotmail.com



Cedar Falls AAUW Newsletter
Sheryl Bewyer, editor
266-6614 sbewyer@cfu.net

Interest and Study Groups Opportunities to Participate

Iowa Radio Reading Information Service

Literature Interest Group

Afternoon Book Club

The January Afternoon Book Club will meet at the home of Joan Bunkofske - 1706 Cottage Ln, CF, on Monday, January 14 at 1:15 pm. Dee Lynch will be sharing a book with the group, and it is not necessary to have read the book before discussion time. Call Jean if you need info or would like to join the group.

Call Jean Kelly for information: 290-7009

BOOKS FOR INCARCERATED WOMEN PROJECT

Report on results from 2012:

The Cedar Falls Branch of AAUW collected 69 very appropriate hard-cover books and 162 magazines for the Incarcerated Women project.

They were very much appreciated and we that all of our members who have contributed. *Dee Lynch chair*



Celebrations and Concerns

If you have some great news to share about some of our members, or some information about someone's recent illness or injury, please contact Ardelle Brown and the appropriate news will be shared via an email to all members.



Raising Funds for AAUW

May 2013 Annual Garage Sale

Cleaning closets? Don't toss the good things. Save them for our annual sale!

Bonnie Smith and Jean Kelly,
Co-Vice President's for Fundraising

Tuesdays at Ten, & Wednesday, as well!

Meet at Cedar Falls Hy Vee on either Tuesday or Wednesday. Sit where AAUW friends can find you and have some good conversations. Come either day or both. Have a cup of coffee or not. It is a good way to catch up on what is happen-ing with other members.

Jane Close and Ardelle Brown