

Monday, February 25, 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:**  
Northwest Salmon Salad  
Cheddar Potato Soup  
Blueberry Scones,  
Tiramisu  
*Option: Chef or Vegetarian Salad*

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

**Reservations:**

Mary Ellen Beckman  
269-1893 pal.m@cfu.net  
8 pm Thursday,  
February 21, \$11.00  
> call or email Mary Ellen  
if you plan to eat with us.

Community Belonging:  
Getting Involved in Community Activities

**Lauren Finke Director, Cedar Valley Volunteers**

Our next AAUW dinner program will be Monday, February 25, at the Cedar Falls Women's Club. We will feature Lauren Finke, Executive Director of the Volunteer Center of the Cedar Valley. Lauren has worked with the Volunteer Center for five years, growing the agency to include more than 95 nonprofit organizations, providing service opportunities, and referring over 9,000 individuals this past year.

Lauren will be providing information about volunteerism in the Cedar Valley and how it relates to the Blue Zones Project. Learn more about what opportunities are available for you, how to connect to those opportunities, and why the Blue Zones Project believes volunteerism will help you live a longer and healthier life.

**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



The  
Blue Zones  
Project



**Sweet Thoughts...**

Invite a friend or co-worker pal to work out and exercise with you. Share a ride, instead of both of you driving to the same place... better yet, can you walk together to the same place sometimes? All it takes is that first step to strengthen a friendship and at the same time, make your body a healthier one! And maybe you could share a treat, rather than over indulge by your self :-)

**\$ Tax Time \$**

As you prepare your 2012 income tax returns, keep in mind that if you itemize your deductions, \$46 of the \$49 AAUW member dues are tax deductible as a charitable contribution; the remaining \$3 are not.

Branch and AAUW Iowa dues are not tax deductible as a charitable contribution. See page 32 of your green 2012-13 branch yearbook for a complete explanation. You can also go to

[www.aauw.org](http://www.aauw.org) <<http://www.aauw.org>>  
and search for AAUW National Dues FAQ for more information.



## The Presidents' Corner

Hi all! Are you enjoying the winter weather that has descended on us? Not so much? I'm okay with it until I have to shovel snow off my driveway. What a waste of time! But, on the other hand, it's good exercise (I keep telling myself)! For those of you who weren't able to attend the January dinner meeting because of the weather, we enjoyed a delightful presentation about yoga by Mary Meyers from Field of Yoga Studio. I'm thinking yoga might be in my future! It sounds so much more enjoyable than shoveling snow!

I hope the weather will cooperate and more of you will be able to join us for our next dinner meeting in February which will focus on getting involved in community activities... not that most of you aren't already involved... but it's good to hear about other opportunities, too! I look forward to seeing you there.

On a personal note, thank you to so many of you who have expressed your condolences to me on the recent death of my mother. I really appreciate you all very much. AAUW Cedar Falls is a wonderful branch whose members are very caring. Thank you so much for caring for me.

Nancy Henderson, President



## Membership ~ ~ ~

Remember as you gather all your records for your personal income tax report, that part of your AAUW annual fee is tax-deductible... \$ 46.00 of the \$ 49.00 that you paid for the National AAUW dues is considered a charitable contribution, due to AAUW's 501 (c) status.

The Membership Committee would like to remind you that, as our fiscal year ends in June, 2013, your annual membership fee (\$ 70.00 for national, state, and branch membership) is due to Mary Fogarty before the end of June so that she has some time to get our checks to the national AAUW organization. Thanks for your consideration of early renewal!

## To-Do List... Get it done!

*Please take a few minutes to fill out AAUW's 2012 Member Survey -- online -- before April 2, to help shape future programs and activities.*



Gayle Wood, Membership woodgt1@gmail.com

## Public Policy Legislative Forum

**Education-** Saturday, February 9th-  
10 am - Noon

**Human Services-** Friday, February  
22nd- 4:30 - 6:30 pm

**Voting-** Saturday' March 9th-  
10 am - Noon

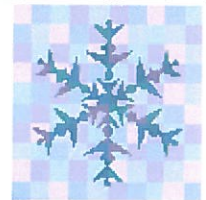
**Tax Reform-** Friday, March 22nd-  
4:30 - 6:30 pm

All forums are held at AEA 267. Plan to attend, and voice your opinion on local needs and bills being discussed in the Iowa Congress.

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

## Silent Auction Result\$

Our special **Fundraising Silent Auction** event was well received at the January meeting. Many bids were placed on the donated items and secret treasures. A bit more than \$200 was raised. Thank you all. *Jean Kelly 290-7099*



discoverpurpose

bluezonesproject.com

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**Report From the  
Board of Directors**

Contact secretary  
Dee Lynch for  
further information



**Iowa Initiative** Maureen White,  
Community Conversation Coordinator



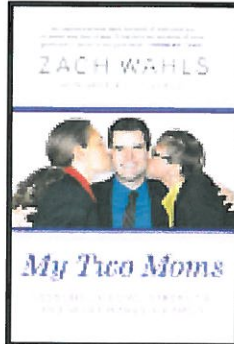
# Community Action

## Cedar Valley Discuss & Discover Diversity Reading & Sharing

### My Two Moms

by Zach Wahls

Monday, February 11, Zach Wahls' memoir, *My Two Moms*, will be discussed at the University Book and Supply classroom. Leading the discussion will be Jennifer Waldron, Associate Professor in HPLES at the University of Northern Iowa. Jennifer and her spouse, Brenda Fite, are the parents of a son, Lloyd.



Dr. Waldron and her spouse think highly of Zach Wahls and hope their own son will not have to endure the struggles that Zach and his two mothers encountered with a same sex marriage. Dr. Waldron and Dr. Fite find the Cedar Valley a welcoming place to live, but have also have been assaulted by a car full of people shouting homophobic slurs at the family.

All Cedar Valley residents are welcome at the February 11 discussion. The UB&S classroom is handicap equipped. Discussion begins at 4:30 pm, and usually ends at 5:30. This event does not require participants to have read the book in advance of the discussion.

The Cedar Valley Discover Diversity Discuss (CV3D) is sponsored by the Cedar Falls Branch of the American Association of University Women, The Waterloo and Cedar Falls Public Libraries, and University Book & Supply.

For further information contact Dr. Judy Beckman at [drjudy.beckman@cfu.net](mailto:drjudy.beckman@cfu.net). The co-sponsors of this discussion look forward to welcoming Cedar Valley residents.



## Promoting Global Awareness -

Gloria Tollefson, Chair  
[gtollefson@cfu.net](mailto:gtollefson@cfu.net) 266-4075

## Save the Date



This year AAUW Iowa is holding the annual state conference in two separate locations: in Decorah on April 13 and in Denison on April 27. The Branch Board has decided to help with registration costs for any member who has never previously attended a state conference. Registration, which includes the meal, is \$50. The Branch will pay \$25 toward registration for up to six of our members who register to attend for the first time. Mark the date on your calendar and watch for the Iowa Initiative which will contain information about registration and speakers. Maureen White

## New Project - Get Involved



Cedar Falls AAUW would like to know of any volunteers who would like to be involved with Ginger L'Heureux and the SWE (a group of Engineers) in the area. Ginger was involved with an Expanding your Horizons event When she lived in California. She has been working with Pat Higby and UNI to get started on an event here in Cedar Falls. This would be similar to the career day we did back in 1993 with Hawkeye Community College and Waterloo AAUW.

The group's purpose is to encourage young women to pursue science, technology, engineering and mathematics (STEM) careers. Through Expanding Your Horizon (EYH) Network programs, they provide STEM role models and hands-on activities for middle and high school girls. The ultimate goals is to motivate girls to become innovative and creative thinkers ready to meet 21st century

For more information

Ardelle Brown [dabrown@cfu.net](mailto:dabrown@cfu.net) or

Pat Higby-- [patricia.higby@uni.edu](mailto:patricia.higby@uni.edu)



## AAUW Burma-Iowa Friends English Language Learner Project

Co-chairs: Jane Close and Jeri Thornsberry,  
Waterloo [closej@q.com](mailto:closej@q.com) 983-2016

## AAUW Action Network

### Build a Library

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

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





## ***International Studies Interest Groups***

### **International Studies**

#### **Promoting Global Awareness**

Our Great Decisions February topic is *The New Egypt*. The Arab Springs revolution that ousted President Mubarak ushered in the promise of radical change. Discussion will follow viewing of a 30 minute DVD on the state of democracy promised the Egyptians and the current balance of power. The afternoon group will meet at the First Presbyterian Church at 902 Main Street, Cedar Falls at 1:15 pm on Monday, February 18. Maelou Baxter will lead the discussion and Phyllis Ver Ploeg is our hostess. Join us!

The evening group will meet on Tuesday evening, February 19, from 7 to 8:30 pm in the conference room at the Cedar Falls Public Library. This group is open to anyone in the community interested in this topic.

It is a good time to join as we have just started the Great Decisions 2013 book. There are still a few books available for purchase. Call Gloria Tollefson 266-4075 or Ellie Tompkins at 231-4737.

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## **Celebrations & 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.



**YOGA** time... were you at the January meeting? If not you missed the bends and stretches, as well as the important information about the benefits of YOGA.

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## **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**

## **International Friendship Program**

### **Afternoon Book Club**

The afternoon book club will meet February 11, at Liz Poole's home, at 1:15 pm. Joan Kurt will talk about a book of interest to her. Please call Jean Kelly at 290-7009 for more information or if you would like to attend.

**BOOKS FOR  
INCARCERATED  
WOMEN**



### **Women in Motion**

*Darline Balm-Demmel,  
Linda Morgan & Jamie Castle*  
For more information contact  
Darline at [dargar@cfu.net](mailto:dargar@cfu.net).



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## **Raising Funds for AAUW**

### ***Friday, May 17, 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!**

The Gather and Gab sessions will **not** be held for the month of February. Stay tuned for further news... and now back to our other programming.  
*Jane Close and Ardelle Brown*