

Monday, September 24, 2012**Cedar Falls Woman's Club
Third and Clay Streets****Gather 5:00 p.m.****AAUW Program 5:30 p.m.****Dinner and Business Meeting 6:15 p.m.****Menu:**Teriyaki Salmon
Tasty Vegetable Rice
Mounds of Joy Whipped Pie**Reservations:**Mary Ellen Beckman 269-1893
or pal.m@cfu.net**8 pm Thursday, September 20,**
\$11 State your menu choice
call or email Mary Ellen
if you plan to eat with us.**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**Empowering Women:
Making Healthy Choices the Blue Zones Way**

The Blue Zones Project

**Romney Hall, Engagement Leader
Cedar Falls Blue Zones Project**

The Blue Zones Project Overview will be the topic of the AAUW meeting presentation on September 24, 2012. Romney Hall, the Engagement Leader for the Cedar Falls Blue Zones Project, will speak on what Blue Zones are and how Cedar Falls will incorporate this into our community. Says Dan Buettner, Founder and CEO of Blue Zones, "We can show you how to live longer, how to be happy and how to be healthy by optimizing your lifestyle and surroundings." The programming goal for this year is to identify how AAUW members can assimilate the Blue Zone philosophy into their daily lives.

*Carol Hedberg, VPresident Program
carol.hedberg@hawkeyecollege.edu*



Nicaraguan Shoe Box Project

Update: Because of your generous donations of materials and money, our branch put together 6 shoeboxes for girls at the school in Chinandega. We also put together items for a layette for one of the mothers and her new baby. Soon our boxes, along with hundreds of other boxes, layettes, and other items will be packed and eventually shipped to Nicaragua. The shoeboxes will then be given to the children attending school. Thank you so much for your participation in this project and for making a difference in the lives of people in Chinandega!

AAUW Executive Board 2012-2013



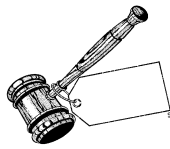
Back row L-R Ardelle Brown, Past Co-President/ Communications Director; Joan Kurt, Public Policy; Mary Fogarty, treasurer; Dee Lynch, secretary; Carol Hedberg, Co-Vice President for Program
Front row L-R Nancy Henderson, President; Gayle Wood, Vice President for Membership and Susan Kimball, Co-Vice President for Program

Not pictured Barb Feuerhak, President elect; Linda Morgan, Past Co-President/ Communications Director; Bonnie Smith & Jean Kelly, Co-Vice President for Fundraising.

The Presidents' Corner

Welcome to another year of AAUW! It was good to see so many at our Kick Off on Monday, August 27th! A big thank you to all of the women who worked together to make this such a great event. It was lovely, and I enjoyed every minute of my time. We are focusing on the Blue Zone campaign for program themes this year, so I do hope you will join us for the dinner meetings that have been planned. And, while you're at it, do get involved (if you haven't been before) with our many study and interest groups as well as our community action projects. Best wishes for a great year!

Nancy Henderson, President



Top photo: Mary Dove has been presented the 2012 Named Gift Honoree for American Association of University Women, Cedar Falls Branch, in recognition of her outstanding leadership in AAUW. Mary was the Cedar Falls Branch Co-President for 3 years and served 4 years on the State AAUW Board, co-chairing the program for two State Conventions. Since joining in 2006, she has also co-chaired Discover and Discuss Diversity book discussion group. She is shown with Bonnie Smith, Co-Vice President for Fund Raising, holding the certificate.



Membership ~ ~ ~

Our AAUW Fall Kick Off was held on Monday, August 27th. Thirty-seven current AAUW CF members attended and three new members joined our branch. Please welcome new member Laura Peterson, Joyce Spande, and Pam Hays. Romney Hall, engagement leader for the CF Blue Zones Project, made a brief presentation about the upcoming activities and local information.

Thanks to everyone who worked so hard on this year's Fall Kick Off. Special thanks to Susan Kimball, Carol Hedberg, Mary Fogarty, Dee Lynch, Anne Schussler, and Olean Yahnke for their efforts before, during, and after our program that night. The displays of our activities in the Community Action and Special Interest groups were again well-attended and generated a lot of interest in these activities. The snacks and beverages provided were delicious and appreciated by all.

Gayle Wood, Membership woodgdt1@gmail.com



Second photo: At the 2012 annual meeting, Doris Mauer, member of the Transition Scholarship committee, presented to Stephanie O'Connor the \$1000 Transition Scholarship to the University of Northern Iowa sponsored by AAUW-Cedar Falls Branch. Stephanie graduates this spring from Hawkeye Community College, and will transfer to the University of Northern Iowa to continue her studies in the field of Accounting.



Wow! Did you attend the AAUW Annual Garage Sale? Better yet, did you work there or donate, or purchase lots of great items? Take a look at this happy shopper!

Please Renew Now!

Twenty AAUW CF members have not yet paid their annual dues. If you are planning to continue your membership in our branch, please remit \$70.00 to treasurer, Mary Fogarty, 4109 W 1st Street, Cedar Falls as soon as possible. Breakdown for the \$ 70.00 fee:

National Association	\$ 49.00
Iowa Association	\$ 10.00
Cedar Falls Branch	<u>\$ 11.00</u>
	\$ 70.00

If you are unable to renew your membership for this year, please let Mary or Gayle Wood, 3914 Del Matro Rd, Waterloo 50701 or woodgdt1@gmail.com. Thank you.



Report From the Board of Directors

Contact secretary Dee Lynch for further information

Go Green — Switch to a Digital “Outlook” Subscription!

Beginning this month, AAUW members have the option to receive a digital only version of the **Outlook** publication or the print and digital version.

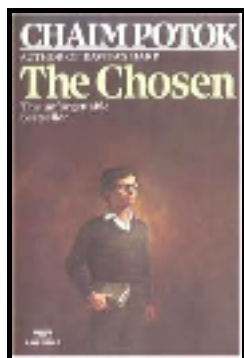


If interested in one of those options, go to the AAUW website, www.aauw.org. Scroll down the homepage and on the left hand side, look for this photo and the words "Get Outlook in your inbox. Click on those words and you will next see the sign in page for members. You will need your membership number. After signing in, you will next go to a page where you can select one of the options listed. It's very simple and fast to do. Of course, if you want to continue to receive the print version only, you do not have to do anything - it will be mailed to you as usual.

Community Action

Cedar Valley Discuss & Discover Diversity Reading & Sharing

The Chosen by Chaim Potok



Reuven Mather is a secular Jew and Danny Saunders a Hasidic. This unlikely close friendship is a bond that supports the two boys through adolescence and the demands of their very different families. The struggles between fathers, between each son and his own father, and between the two young men allow readers to explore backdrops of fathers, sons, faith, loyalty, and the power of love.

Rabbi Stanley Rosenbaum, of Sons of Jacob Synagogue will tour participants through the Synagogue and lead the discussion over *The Chosen*. Readers will meet September 10, 4:30 pm, at Sons of Jacob Synagogue, 411 E. Mitchell Avenue, Waterloo, IA. This will be a special CV3D meeting, e-mail drjudy.beckman@cfu.net or call 268-0544 if you have questions.

Dr. Judy Beckman Ms. Mary Dove Co-chairs
Cedar Valley Discuss & Discover Diversity

Burma-Iowa Friends



> **Background:** Burma (often called Myanmar) is a Southeast Asia country bordered by India, Bangladesh, China, Laos and Thailand. Since 2006 after decades of political & military problems, 15,000 Burmese have immigrated to the US.

> **Resettlement in Waterloo:** In the past two years nearly 1000 refugees have resettled in Waterloo mostly drawn by employment at Tyson Fresh Meats with about 250 working there. They speak a variety of languages at home but an increasing number speak English and their children are learning in school. This summer brought more than 500 refugees, including 100 children.

> **Burma-Iowa Friends:** Burma-Iowa Friends has organized to help provide the needed services. Local agencies, organizations and individuals serve on the steering committee, as well as AAUW members from Cedar Falls and Waterloo branches.

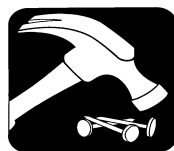
> **AAUW Cedar Falls board of directors approved Burma-Iowa Friends as a community action project in partnership with AAUW Waterloo.**

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

Promoting Global Awareness - State of the Oceans



This community action project continues with topic six, *State of the Oceans*, in our Great Decisions program. We will resume meeting at the Cedar Falls Public Library conference room from 7 - 8:30 pm on Tuesday evening, September 18. After viewing a 30 minute DVD on this topic, discussion will focus on how global climate change is affecting our oceans, sea levels and extreme weather systems. Interested AAUW members and people from the community are encouraged to attend. Gloria Tollefson, Chairperson



Build a Library

Beth Dove, Peace Corps Volunteer, is serving in Pueblo Nuevo, Sarapiquí, Costa Rica. She is helping her community to build their first library. Your donations will help purchase what is needed to furnish the library post construction. Learn more about the project at the following website:

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

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

AAUW Action : November Elections

Remember to sign up at the AAUW Public Policy website. Click on Action and then click on the Two Minute Activist. Next, scroll down to the bottom of the page where you can sign up for both the Two Minute Activist and Megavote. These sites allow you to have a voice in the issues which AAUW support and gives updates on recent bills and votes.

Google, or do a websearch for the AAUW Congressional Voting Record 2012 release. You can view the bills AAUW advocated that came to a vote during the past year. Records of votes and percentage of time AAUW issues were supported are tallied for U.S. Representatives and Senators from Iowa. Keep these voting records in mind when voting this November.

Forums for local candidates for the Iowa House and Senate dates and times have not been forwarded. I will alert members through email when the information is available. If you receive a paper newsletter, feel free to call me. I will also assist if there are any other questions, including how to obtain an Absentee Ballot.

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

AAUW Action Network

Women in Motion

When: September 8, 10 am - 2:30 pm,
What: **Quilt Show**
Where: Kimball Ave. United Methodist Church,
Waterloo. Come as you wish with a free will offering
to Habitat for Humanity.

When: September 16, begins at 11 am
What: **Fall Festival and Scarecrow Contest**
Where: Arboretum; If you like, meet to carpool at
1:30 p.m. at the old HyVee parking lot at College
Square. There is a cost per car to enter.

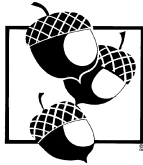
Darline Balm-Demmel, Linda Morgan & Jamie Castle
For more information contact Darline at dargar@cfu.net.

International Studies Interest Group

September 17, 1:15 pm "The State of the Oceans:
Waves of Change" How will we manage this precious
resource? home of Dee Lynch, 1309 Catherine, CF.

October 14, 1:15 pm "Indonesia Prospects for
Prosperity" Their road to democracy. home of
Kathy Agness, 413 Oak Park Blvd. CF

November 19, 1:15 pm "Energy Geopolitics" Pipe-
lines, offshore drilling, ethanol, solar, wind? home of
Gloria Tollefson, 4614 Whispering Pines Cr., CF
For more information:
Ellie Tompkins at 231-4737.



Bridge For Education

The *Bridge for Education* interest group is still in its
"sign up" phase for the 2012 -2013 year.

Third Wednesday Bridge for Education: Co-
hostesses are Gladys Wagner and Dargy Baxter. The
group will meet at 12:30 pm on September 19, 2012,
in the Willowwood retirement home lounge.

Fourth Wednesday Bridge for Education: Co-
hostesses are Gladys Wagner and Dargy Baxter. The
group will meet at 12:30 pm on September 25, 2012.
The location is the same - Willowwood on the corner
of Grove and Eleventh Street.

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

Literature Interest Group

International Friendship Program

Iowa Radio Reading Information Service



BOOKS FOR INCARCERATED WOMEN PROJECT

Tuesdays at Ten

~ meets 10 am every Tuesday at the HyVee deli in
Cedar Falls. People can drop in whenever it fits their
needs and schedules. Everyone is welcome. If structure
is needed, the time might include book discussions,
book swaps, share & care, news talk, discussions on
any subject of interest, etc. and even political discus-
sions. (Breakfast there til 11, when lunch begins)

Ardelle Brown

Fun With Fundraising

>>> We have several interesting and FUN events
planned this year to help with our Fundraising this
year. All of our proceeds will go to AAUW Funds,
Community Action, or our Local \$1000 Transition
Scholarship.

> Starting in September we will be selling our very
fashionable AAUW tote bags for \$10 each and AAUW
Cookbooks for \$3.00 each.

> October 22, our regular AAUW meeting night, we
will be having a **Premier Designs Jewelry**

Fundraiser. Come early (4 pm on) to check out the
jewelry or stay afterward to see it. 25% of the sales
will benefit AAUW general Fundraising.

> January will be a fun "**White Elephant**" exchange.
Last year we made almost \$300 from this event and it
was great fun! More information will come later.

> In April we'll be busy making items for the State
convention.

> May is our annual **Garage Sale**. We're planning an
all day Friday sale this year. **Last year this was our
biggest Fundraiser raising \$993.00 for our local
Scholarship! It was a great success!**

> We may also have a "Surprise" Event in November
or December. It will be fun and easy. Details later.

>>> As you can see we're "off and running" for another
great year! We encourage each of you to be a part of
our fundraising efforts and support your Cedar Falls
AAUW.

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