

**AAUW
Mission
Statement:**

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.



Falling for AAUW

2013 Geneva Lake Branch AAUW Membership Gala

Please come to share with our guests what you like most about our local AAUW Branch!

Date: Thursday, October 3, 2013

Time: 6:30 Welcome and Introductions
7:00 Meeting and Refreshments

Location: Westshire Farms at the Lakes Clubhouse

Directions: Turn onto Town Hall Road from Hwy 50 in Delavan. Turn left at the second road, Westshire Circle. The Clubhouse is located at 3500 Westshire Circle, at the corner of Parliament and Westshire Circle. Park on the street or in the lot adjacent to the clubhouse,

Just follow the signs and balloons to the FUN!
Hope to see you there!

Geneva Lake AAUW
Officers 2013-2014

President:
Judy Moser

President Elect:
Jean Black

Secretary:
Joan Davis

Treasurer:
Maribeth Cousin

Inside

President's Message 2
Interest Groups 5-8
Health 8
Monthly Calendar 10



President's Message

Dear Friends in AAUW,

I want to thank Diane Thompson and Pat Schenk for all their work on our September meeting at Covenant Harbor. It was good to have everyone back together – it was fun to just sit back and listen to the conversations at the tables as we ate dinner and caught up with each other!

Let's keep that camaraderie going as we head into our membership gala. Carolyn Langner and Sue Greben and their committee have been very busy working on this event. We've had remarkable success in building and sustaining our membership – so I look forward to seeing everyone there as we all celebrate AAUW in the Geneva Lake area.

Thank you also to Roberta Killian and the committee who spent a day at UW-Whitewater for the Student Activity Day. Roberta reported that they had many students stop to check out the table – they shared AAUW research on the pay gap and on Title IX as well as the benefits of membership to student members. This is a great way to begin cementing our university partnership. If you are interested in working on this project, let me know as it looks like we will have opportunities ahead of us!

One of those opportunities will be the Big Read Luncheon on Friday, October 25th. We will be partnering with Young Auditorium to bring author Sam Weller, author of Ray Bradbury's biography, as a speaker for the day. More information on tickets and ways to get involved are included in this newsletter. This is part of our Speaker's Bureau and is a fundraiser for our branch – I look forward to your participation at the luncheon!

Last month I mentioned that our newsletters are available to the world-wide web. If you do not want to have your name or contact information published in any articles, please contact me or Susan Krinn, our newsletter editor, by completing the form found in this edition. This month I am actually including the form... sorry!

Finally, just a note that I am enjoying working with all of you so far this year – we are a strong group of women and our organization is a direct reflection of the commitment we all make to it.

I look forward to seeing you at the Gala!

Judy Moser, President

Geneva Lake Branch Officers

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**President-Elect: Jean Black 728-9352, books2@charter.net

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Pat Schenk 248-8217, patmschenk@aol.com

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**Secretary: Joan Davis joanlaryd@yahoo.com

**Treasurer: Maribeth Cousin 379-0120, m.cousin@charter.net

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Other contacts of note:

Branch Briefs Susan Krinn SLK727@aol.com

Message Angel Jean Black 728-9352, books2@charter.net

Alzheimer Walk



Left to right: Sharna Ahern, Betsy Polousky, Joanne Bujan, Jill Acker, Karen De Falco, Gwen Clausius. Not pictured: Marilyn Heiden

On a cool but sunny Saturday morning, September 21, seven Geneva Lake Branch members and two guests participated in the Walk to End Alzheimer's at Library Park in Lake Geneva. The 2½ mile lake walk began with music, cheers, and inspirational stories of families caring for and remembering those afflicted with the disease. A statistic shared that morning was that in fifteen years, 1 in 8 people aged 65 would be diagnosed with Alzheimer's, a frightening number to say the least. Following the walk, a hot dog lunch was provided which included chocolate chip cookies (8,000) all baked the day before by sisters commemorating their mother's life with Alzheimer's. A great day and a great cause!

GREAT DECISIONS

We have another year of our Great Decisions studies coming up in February and March of 2014. It is a great program of learning about what's happening in the world – “foreign affairs”. Those of you who are interested can enroll now to get the book we use in our sessions. There is a daytime session on Thursdays and a nighttime session on Tuesdays. There is an enrollment form included in this newsletter... or ...you can sign up at our Oct. 3 meeting.

NAME _____

ADDRESS _____

CITY _____ STATE ____ ZIP _____

TELEPHONE _____

EMAIL _____

Please detach this section, make out a check for \$27.00 (**payable to Lake Geneva AAUW**) and mail to Nancy Clifford, P.O. Box 922, Walworth, WI 53184 or bring it with you to the Oct. 3 meeting. In order to get our discount we do have a deadline in mid-October on having the orders into the Great Decisions people

Books ordered later may be ordered individually from the Foreign Policy Association (1-800-477-5836).

The Geneva Lake AAUW Jean Eliot Morgan Great Decisions Morning Group will meet at Yerkes Observatory in Williams Bay **from 10 AM- 12 noon on eight consecutive Thursdays:** Feb. 6,13,20, and 27; March 6,13,20, and 27.

The **Evening Group** will meet at the UCC Church in Williams Bay **from 6:30 - 8:30 PM on eight consecutive Tuesday evenings:** Feb.4,11,18, and 25; March 4,11,18, and 25. (The evening group has the option of changing to Monday evening if it works better for them)

Please make check payable to Geneva Lake AAUW for \$27.00. (this will cover \$20.00 book fee plus \$7.00 to cover the cost of the DVD and shipping /handling). Books will be available at the Jan. AAUW meeting. Think Globally! For more information call Nancy Clifford at 275-5428.

Great Decisions Topics 2014

1. Defense Technology
2. Israel
3. Islamic Awakening
4. Energy Independence
5. Food and Climate
6. China's Foreign Policy
7. US Trade Policy

Interest Groups

CONVERSATION CIRCLE

The subject for October is BEST FRIENDS. How to be one, how to get one, how to hold one, the role a BF plays in your life. Everyone is welcome to participate in this fun topic. At the moment, it looks as if we'll meet on Monday, October 7, from 2 to 4 p.m., at the home of Jean Black, though she's hoping for another location. If you can offer, please call her. And everyone let Jean know if you're going to be there by contacting her at 262-728-9352 or books2@charter.net.

LUNCH BUNCH

Lunch Bunch will dine this month@ Two Sisters Thai Restaurant located at 207 N. Main St. Walworth (across from the post office) on October 23rd at 11:30 A.M. Please call Earla Somerville at 262-348-0157 or email Earla at quarryfarms@yahoo.com by October 16th if you plan to attend. This restaurant offers 8 luncheon specials at \$6.95. For more information about this new family, actually two sets of sisters Thai restaurant read a recent article found in the September 6-26th issue of The Beacon.

BRIDGE

October 21, afternoon bridge at 1:00 p.m. at ??

October 28 EVENING BRIDGE starts at 7p.m. at Ann Ruff's (5680 Parliament Lane Delavan). Please call ([617-763-0534](tel:617-763-0534)) or email (ruffa@uww.edu) to confirm you will be attending.

OUTSPOKEN BIKING GROUP

Outspoken biking meets on Tuesday at 9 AM at the LaGrange General Store and Backyard Bike Shop. We bike through the Kettle Moraine area. Rental bikes are available there. Afterward join us for a great lunch.

CULINARY QUESTERS

Pam Christensen hosted "The Cocktail Party" in September and a good time was had by all! The Questers prepared a sumptuous assortment of appetizers using both old and new recipes. Some very tasty treats that all enjoyed. Many thanks to Pam for her hospitality.

In October, Culinary Questers are invited to attend The Lake Geneva School of Cooking to learn professional cooking techniques from Chef John Bogan. Chef John provides an opportunity for cooking enthusiasts to experience hands-on preparation in an environment that promotes creativity. It is a delightful and challenging cooking experience! Once the four course meal is prepared, participants sit down and enjoy. The end result is a gourmet

meal created by the entire group.

The date: October 16, 2013. Time: 6:00-9:30 pm

Location: 727 Geneva Street, Lake Geneva

Cost: \$65.00 per person (plus a tip for student helpers the night of event)

Please email or text Joanne Bujan to reserve spot at joannebujan@yahoo.com or text 224-232-9116. Don't hesitate, space is limited!

Also, a check for \$65.00 must be sent by October 9th to Joanne Bujan; or you can pay by credit card on line at www.lakegenevacookingschool.com/privateparty If you have any questions, please call Joanne Bujan, 224-232-9116

November 20th - Cajun at Diane Thompson's



Culinary Questers event, "The Cocktail Party" on
September 18

We're all Book People!

All of us in AAUW are "book people" this month because of our involvement in the BIG READ. We'll all be working on the luncheon at which Sam Weller, biography of Ray Bradbury will speak. Be sure to invite guests so we can fill up the place on October 25.

When an organization applies to the National Endowment for the Arts to hold Big Read functions, it chooses which of an approved list of books it wants to focus on. It's a fascinating list, with writers from bygone eras such as Emily Dickinson, Mark Twain, and John Steinbeck, to current bestsellers such as Louise Erdrich and Julia Alvarez. Go to <http://neabigread.org/books.php> to see the current list.

Books are so important to our AAUW Geneva Lake Branch that the board has chosen to honor recently deceased members Mary Louise Geupel and Kendra Johncock by donating books in their name to Barrett Library in Williams Bay.

The Book People – Okay, back to book groups

Hey, readers, welcome to a new year of AAUW book group reading. Both the daytime and the evening groups have completed their selections for the coming year, and the lists look fascinating. We ran the Bluestockings list last month. Below is the Chapter Two list. You can obtain book marks showing these lists by attending the Membership Gala on October 3—and if you're not planning to attend, why not? It's the meeting that guarantees our wonderful organization can continue.

Bluestockings

The daytime book group will meet on Tuesday, October 15 to read the Big Read title, FAHRENHEIT 451 by Ray Bradbury. That will be just in time to know what our speaker, Sam Weller, is talking about at our luncheon. (A side note: though Bradbury is most famous as a science fiction writer, he created one of the most beautiful novels of childhood in DANDELION WINE. Give it a try.) We'll meet at Gwen Clausius's home, with Karen DeFalco serving as co-hostess. Gwen will also lead the discussion. Bring a sandwich to share, and be sure to let Gwen know if you're going to be there. gclausius@gmail.com or 275-2533

Looking Ahead: The November book is THE ART OF HEARING HEARTBEATS, by Jan Philipp Sendker.

Chapter Two

Once again, the evening book group has to change its meeting time to compensate for our Branch Gala Membership party. So, instead of our usual first Thursday of the month, we'll meet on Thursday, October 10, at Sarah O'Reilly's, to discuss RULES OF CIVILITY by Amor Towles. Maybe we'll have some new members join us. Wouldn't that be fun! Let Sarah know if you're going to be there. oreilly@genevaonline.com or 248-7858.

Looking Ahead: The November book is THE LACE MAKERS OF GLENMARA by Heather Brabieri.

And a note for your calendar: we'll be having our regular joint book group holiday gathering on December 5. No book, just fun and food.

Chapter Two books for the remainder of the 2013-14 year:

January 2 – *Zeitoun* by Dave Eggers

February 6 – *The Nineteenth Wife* by David Ebershoff

March 6 – *The Luncheon of the Boating Party* by Susan Vreeland

April 3 – *Light Between Oceans* by M. L. Stedman

May 1 – *The Silver Star* by Jeanette Walls
June 5 – *Sight Reading* by Daphne Kalotay
July 3 – *And the Mountains Echoed* by Khaled Hosseini
August 7 – *The Shoemaker’s Wife* by Adriana Trigiani
September 4 – Book Selection Dinner

COMMUNITY ACTIVITIES

Every splash counts.

Sun. Oct 6 from noon - 8 PM at Timber Ridge Lodge and Waterpark at Grand Geneva.
Wristbands are only \$15/ person. Your admission is your donation to Open Arms Free Clinic, Inc. Call 262.949.2971 for more info

Saturday, October 12 at Frank’s Brat Hut at Frank’s Piggly Wiggly in Elkhorn.
From 10 am – 2 pm, your lunch is your donation to Open Arms Free Clinic, Inc.
Frank's Piggly Wiggly Call 262 949 2971 for more info.

TALKING ABOUT BREAST HEALTH DURING BREAST CANCER AWARENESS MONTH

By Karla Tildahl, RN, Parish Nurse

It’s October and it seems like every magazine, newspaper and even some radio and TV shows will be declaring the risks of Breast Cancer and its increased incidence. Even many businesses try to capitalize on selling merchandise to make us feel we are battling breast cancer. But we know none of this has anything to do with preventing breast cancer. What can be done? The answer isn’t as simple as a yearly mammogram. That may help detect breast cancer but it won’t prevent it. Well, what kind of effective action can we take? After all, 70% of women diagnosed with breast cancer have no identifiable risk factors. Can a healthy lifestyle really contribute to breast cancer prevention? So far, according to Mayo Clinic, the evidence says yes.

Christine Northrup, M.D. who is an authority on Wise Women’s health says that an anti-cancer lifestyle is not a rigid set of rules to follow, but a safe space to be filled with your favorite ways of nourishing health and discouraging cancer. Although these measures provide no guarantee that you won’t develop the disease, you will be starting down the road to healthy living and possibly preventing breast cancer. I wrote about Dr. Northrup’s recommendations a few years ago and in doing my research I found that they have changed. She also says that the tips for breast health are also tips for heart health. Interesting.

Dr. Northrup's Top Tips For Breast Health

- Get enough sleep: Proper sleep is essential for optimal health, and it helps metabolize stress hormones better than any other known entity.
- Meditate for at least 3 – 12 minutes each day to calm and soothe your mind. A unique way to meditate that is becoming popular is called Emotional Freedom Techniques (EFT) which uses the affirmation to love and accept yourself unconditionally. I have used it for pain relief and find it very helpful. If you are interested in it Goggle it and give it a try. Dr. Northrup highly recommends it.
- Begin your day with a positive affirmation.
- Exercise regularly. Ideally, aim for a comprehensive program that includes high intensity exercises, strength training and core-building exercises along with stretching.
- Breathe properly. When you breathe in and out fully through your nose you activate your parasympathetic rest and restore nervous system, which expands the lower lobes of your lungs, and therefore engages the vagus nerves.
- Practice self-love and unconditional acceptance. Dr. Northrup suggests looking at yourself in the mirror at least once a day and saying: “I love you. I really love you”! After 21 days something will happen to you. You’ll see a part of you that looks back at you and you really believe it!
- Optimize your vitamin D levels. Get your vitamin D level checked. Ideally you’ll want your levels within the therapeutic range of 50 – 70 ng/ml. Sunlight is not the enemy. Natural light is a lovely source of vitamin D and you can’t overdose on it! But most people to get their levels of vitamin D in optimal levels are going to need to take a supplement. Especially with winter and less sun coming upon us. Just remember the article in last month’s newsletter about taking vitamin K2, D and Calcium together.
- Cultivate an active social life and enjoy some face-to-face time with likeminded people.
- Epsom salt baths 20 minutes, three times per week are a simple inexpensive way to get magnesium into your body and a great stress reliever. If you can’t tub bath then soaking your feet will also help. Put some lavender drops in the water too.
- Keep a gratitude journal. Each night before you got to bed write down five things that you are grateful for or five things that brought you pleasure. Remember, every emotion is associated with a biochemical reality in your body. So you want to bring in the emotions of generosity, pleasure, receiving and open-heartedness.
- Become familiar with your breasts. These are not a search and destroy mission, but a loving examination of your breast tissue to become familiar with your body and thus become aware of changes.
- It goes without saying that a healthy diet is a key factor in any healthy life style.

Nothing you do can guarantee your life will be cancer-free. But choosing to live a healthier life by nourishing your body, mind and spirit will make you a healthier person and possibly discourage cancer as well.

Calendar

October 3 – Membership Gala
October 7 – Conversation Circle @ Jean Black, 2pm – 4pm
October 10 – Chapter Two @ Sarah O'Reilly's
October 15 – Bluestockings @ Gwen Clausius at Noon
October 21 – Afternoon Bridge @
October 23 – Lunch Bunch @ Two Sisters Thai Restaurant, Walworth - Noon
October 25 – The Big Read @ Elkhorn Community Center, 11:30am – 2pm
October 25 – Branch Brief Articles due to Susan Krinn at skrinn47@gmail.com
October 28 – Evening Bridge @ Ann Ruff's, 7p.m.

Geneva Lake Branch AAUW Media Permission Form 2013-2014 Informational Notice

Our newsletter, like those of other branches, is shared with the state AAUW, as a general compilation of and sharing of branch activities, programs, and projects. The newsletter is posted on the state AAUW website, and, thus, is available on the Internet. In that regard, personal information you DO NOT want appearing in our in Branch Briefs/Badger Briefs, and, thus, the Internet should not be submitted for inclusion in Branch Briefs.

Our branch newsletter will be posted online this year through the State website. In addition to names, telephone numbers and email addresses of officers, individual members may sometimes have their names and email and or phone numbers published in the newsletter in connection with upcoming events such as lunch bunch, cooking club, etc.

Please complete the section below indicating that you are aware that your telephone number and email address may appear in our newsletter.

Name _____

_____ I give my permission to have my telephone number and email address included in the branch newsletter as appropriate.

_____ I do not want my telephone number or email address to appear in the branch newsletter for any reason.

Signature:

Date:

THE BIG READ



For more information about The Big Read events taking place in your community, please visit: <http://youngauditorium.wordpress.com>

AAUW Luncheon featuring
Sam Weller, Ray Bradbury scholar
and author of
The Bradbury Chronicles.



Elkhorn Community Center
(adjacent to the library)
101 N. Wisconsin St.
Elkhorn, WI 53121

Friday, October 25, 2013

11:30 a.m.—2:00 p.m.

\$15 per person

All proceeds will benefit the
AAUW scholarship fund.

This event is open to the public.

For tickets, please contact:

Roberta Rohdin-Killian

(262) 245-9268

Space is limited; reserve early!



Young  Auditorium
UNIVERSITY OF WISCONSIN-WHITEWATER