

“5 Tips for Healthy Eating in 2017” - Anne Walker, Presenter



Anne explores: Why is food advice always changing? How do I know which advice to take? How can I make healthy eating simpler and more appealing? Recipes, ideas, and tips will be shared. Her talk will give you lots to "chew on"!

Anne Walker is a certified Health Coach and a retired public health administrator. She moved to the Lehigh Valley in 2010 after retiring from a 25-year career in public health. She enjoys volunteering for various local organizations and has also shared her experience in the "Women's March" in Washington DC. In March 2016, following a yearlong course of study, she was certified as a Health Coach by the Institute for Integrative Nutrition. This semester she has offered two courses at NCC. "Her teaching-and-learning philosophy is that everyone has valuable knowledge to share."

WHEN: WEDNESDAY, APRIL 19 7:00 PM (Try to arrive between 6:30 and 7:00)

WHERE: PARDEE HALL ROOM 113 off main lobby on first floor , LAFAYETTE COLLEGE (Park on McCartney near Clinton Terrace or March Street) see <https://campusmap.lafayette.edu/> for a map.

From the Presidents' Pen

U.S. Governmentand Women



Congress has 535 voting members: 435 Representatives and 100 Senators. In 2017 there will be 21 women serving in the U.S. Senate – the highest number in history.

It is a fact that American politics has a severe pipeline problem with respect to potential women candidates. The Women and Politics Institute reports that the U.S. still ranks 90th worldwide in the percentage of women serving in the national legislature,

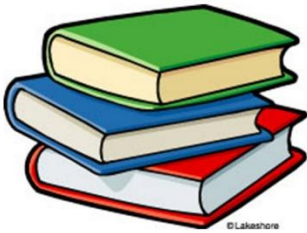
and prior to this year every president elected within the past 100 years had served as a governor, senator, military general or in a Cabinet position
 Achieving gender parity in leadership is, first and perhaps most important, a matter of fairness. Leaders are powerful, so when women are excluded from top leadership they are denied power to make a difference in the world.

We want the best and brightest holding positions of leadership. When women and other underrepresented populations are left off of the leadership ladder, we narrow the pool of creativity, innovation and experience so needed by our society. When we advance the most qualified, regardless of gender, the nation, business, and everyday people all benefit.

Source:AAUW Outlook winter 2017

Fran & Nancy

Time to Support Our Local Branch Fund Raiser



Calling all members! The time to help us to help others is **NOW!** Our main fund raiser to support our Scholarship Fund is the Authors' Luncheon on April 29, 2017. The profits generated from this event support our Scholarship Fund . **Remember** - the deadline to register is **April 19, 2017.**

Each year, the AAUW Easton (Pa) Branch awards three scholarships to high achieving women desiring to attend college. Our goal for this Authors' Luncheon is to raise \$5000.00 for the Scholarship Fund.

You can help in several ways. Our goal is to have 65 participants at the Authors' Luncheon. We need to have members support by **Attending the Luncheon**. Please consider bringing a friend or two to join us. This is an excellent opportunity for fellowship with friends to enjoy a nice luncheon and hear three authors share their experience in the literary world.

Another way to help us meet our goal is to be a **Sponsor** for the luncheon. As a non-profit organization, 501c(4), we are grateful for your donation, which will be recognized on our website, <http://easton-pa.aauw.net/>, on our Facebook page for AAUW Easton-PA Branch, and at each table. Please consider donating at one of the following sponsorship levels.

Platinum - \$1000
 Bronze - \$250

Gold - \$750
 Partner - \$100

Silver - \$700
 Friend - \$24- \$99

Sponsorship checks should be made out to AAUW Easton (PA) Branch and mailed to AAUW Easton (PA) Branch, P.O. Box 1464, Easton, PA, 18044. Also, when you are submitting the registration form, you can include a donation for sponsorship. Remember, becoming a sponsor will greatly help to continue awarding scholarships to local women.

Finally, **Participate** in the silent auction and basket raffle at the Luncheon. Our committee has worked hard to get donations from many local merchants. For the Silent Auction: Karen Hickey, one of our members is donating a Maritime Trench and St. Tropez necklace and earring set. These items can be viewed online in the Cabi, Spring Collection at cabionline.com. Kathryn (Kitt) Altomose, a local artist, is donating a Painting. Participating in the silent auction will help us reach our goal of \$5000.00.

Also, the committee has met with many local merchants and received 20 gift cards for the basket raffles. This is a great opportunity to support both our scholarship fund and local merchants. The raffle tickets will be sold for \$1.00 per ticket, \$5.00 for 6 tickets and \$10.00 for 12 tickets. As of today gift cards that have been received include

Just Around the Corner
Sette Luna
Easton Outdoor Company
Bethlehem Hand and Stone
Weis (2 gift cards)
Wegmans
Giant (2 gift cards)

ShopRite (3 gift cards)
Home Depot (2 gift cards)
Third Street & Ferry Fish Market
River Grille
Stoke
Versatile Strands

It is exciting that so many local merchants are willing to support us to help local women attend college. All of the restaurants are favorites and are known for their excellent quality of unique dining! Please plan to participate in both the Silent Auction and Raffle Baskets. This support for our local branch will help in so many ways - helping us as an organization meet our goal, continuing to support local woman to achieve their dreams through college and supporting local merchants in our community.

Remember: Participate! Attend the Authors' Luncheon! Become a Sponsor! and Participate in the Silent Auction and Raffle Baskets! - Help us to help others!

Karol D'Huyvetters
Authors' Luncheon Co-Chair

Member News



Last night I was fortunate to attend the Northampton County Historical and Genealogical Society annual meeting dinner honoring two of our members. Ken and Lois Wildrick received the NCHGS award for exceptional service and Annette Stody and Howard McGinn received the volunteers of the year award.

It was held at the Pomfret Club and was a well attended enjoyable evening. Congratulations to our members for their well deserved awards.



FUNDRAISING WITH FLOWERS:

Dear Members,
Please support one of our recent fundraisers: Flower Power. The Spring Program contains the best quality Spring Planting Bulbs, Seeds and Berries. The order deadline is May 1st. Products purchased will be shipped in late April.

To view the products and place an order:

1. go to www.flowerpowerfundraising.com
2. On the top right hand side of the page, click on "find a group"
3. Fill in : Organization name – AAUW
City – Easton
State – PA
4. You will see "*your search found the following organization -- please click to go to their webpage*", click to access our webpage.
5. Scroll down to "shop" to make purchases. The products are lovely!
6. Scroll down to "refer friends", this is a section where you can notify friends and family members of our campaign.
7. Scroll down to "Share Now" to post on your Facebook Page.

OR

If you wish to place an order from the SHEET order form, contact Janice Lupackino

EASTON BRANCH HONORS Dr. Bonnie Winfield WITH GATEWAY TO EQUITY AWARD



Dr. Bonnie Winfield, Director of Community Partnerships for Lafayette University, received the American Association of University Women's Gateway to Equity Award from the Easton Branch on March 8, 2017. The award was presented to her from Fran Kennedy and Nancy Butow, Co-Presidents of the Easton Branch of AAUW. Members

from the branch celebrated with Dr. Winfield at a luncheon held at Stoke Coal Fire Pizza and Bar.

The AAUW Gateway to Equity Award honors an individual, a group or an organization that has shown by action and philosophy the promotion of the AAUW mission of equity for women and girls through advocacy, education, and research. It celebrates International Women's Day which is held annually on March 8.

Dr. Winfield was chosen for the award from the Easton Branch of AAUW for her commitment and advocacy for community partnerships between Easton and the university members (students and faculty). She connects faculty members with community partners. As a women and gender studies professor at Lafayette College, she is known for her community based learning course at the local women's prison. The course is a journey of expressive art therapy for university students and incarcerated women. Dr. Winfield finds her work with incarcerated women fulfilling. The women have amazing courage and ability to self reflect to bring change to their lives through expressive art therapy as they become empowered on "The Journey Home".

AAUW branches across Pennsylvania held similar presentations to bring awareness to the work of those who promote the AAUW mission. AAUW, with its nationwide network of more than 150,000 members and donors, 1,000 branches, and 500 college/university institutional partners, has been a leading advocate of equity for women and girls since 1881.

Karol D'Huyvetters
Publicity Chair

Authors' Luncheon

April 29, 2017 Pomfret Club 33 S 4th St., Easton, PA

Deadline to register is April 19, 2017

Submit 1 registration form per person. Your canceled check is your confirmation.

Name _____

Phone _____

E-mail _____

_____ \$30 per person

_____ Sponsorship donation

_____ Total

Make checks payable to: AAUW Easton (PA) Branch

Mail completed form with payment to: AAUW Easton (PA) Branch

c/o Colleen Kuschke

P.O. Box 1464

Easton, PA 18044-1464

Lunch selections: Select one

_____ Caesar Salad

_____ Chicken Caesar Salad

_____ Chicken a La King

If you need more trifolds, please let Peg Opthof or Karol D'Huyvetters know.

FINANCIAL REPORT 7/1/16 - 3/6/17	Budgeted Income	Budgeted Cost	Credits	Debits
Banking				
Fees		\$0.00		
Interest	\$1.50		\$0.72	
Conferences 7/16-6/17		\$1,500.00		
Fund Raisers				
Williams Center	\$400.00	\$300.00	\$360.00	\$224.00
Donations	\$900.00	\$100.00		
Authors' Luncheon	\$3,500.00	\$1,700.00		
Poinsettia Sales	\$450.00	\$280.00	\$462.00	\$298.13
Membership				
Branch Dues	\$975.00		\$975.50	
Membership - brochures, etc		\$50.00		
Yearbook Printing & Mailing		\$90.00		\$17.56
Newsletter Mailing		\$50.00		\$33.95
Newsletter Ads	\$50.00			
Insurance		\$185.00		\$185.00
Mailbox		\$86.00		\$86.00
Postage		\$50.00		\$10.55
Branch Publicity		\$75.00		
Donations - Operating Fund			\$52.00	
Scholarship Awards				
Jane Wait	\$1,000.00	\$1,000.00		
Scholarship 1		\$1,000.00		
Scholarship 2		\$1,000.00		
Scholarship 3		\$1,000.00		
Donations - Scholarship Fund			\$447.00	
Programs				
90th Anniversary Celebration		\$1,000.00	\$75.00	\$1,220.79
Meeting Rooms		\$250.00		
September Hospitality	\$100.00	\$75.00		
Get Out the Vote/Public Policy		\$50.00		
Holiday Party		\$100.00		\$31.99
I-B Luncheon/Gateway to Equity		\$100.00		
Scholarship Dessert	\$450.00	\$350.00		
Speaker Gifts/Donations		\$100.00		\$19.08

Notices

Regarding the Newsletter

If any member has information that they wish to have published in the newsletter, please e-mail the information to **Fran Kennedy and Nancy Butow**. This would include births, deaths, marriages, happenings at cultural institutions. We also encourage submissions of photos of events and anything that you think may be of interest to other members.

Please note, however, that **submissions must be in by the 15th** of the current month to be included in the following month's newsletter. Otherwise it will be in the following month's newsletter.

Insurance Notification

AAUW does not have an Automobile Insurance Policy. Please be informed that there is no implied or expressed authority for an AAUW member to use a member's car for AAUW business. The Easton Branch assumes no responsibility for any member using a car for this purpose.

Newsletter Ads

Do you have a business or service that you would like to promote? The charge for including an ad is only \$5 for each issue. They should be no larger than business card size and they must come from members. Payment for ads should be made to the finance officer and she will notify the newsletter editor that the ad is ready to be placed.

Newsletter Costs

As officers of the branch, your board is concerned with the rising cost of printing and postage and what it does to our bottom line. If you have computer access, please consider receiving our newsletter via email. It saves the branch money and trees!

Fran

Save the Dates

April 4, 10:00 am - Equal Pay Day Rally and Lobbying legislatures, Harrisburg

April 19 Business Meeting & "5 Tips for Healthy Eating in 2017" - Anne Walker, Presenter, Pardee Hall 113, 7:00 pm promptly

April 21-23 AAUW PA Meeting at York, PA

April 29, 11:00 - 2:30 Authors' Luncheon at Pomfret Club

May 16, 7:00 Dessert, Scholarships, and Awards

June 14-17 AAUW National Convention, Washington, D.C.



Interest Groups

The Easton Branch has several interest groups created to stimulate discussions, encourage networking and support the community. If you have ideas for additional groups, let us know. Every group looks forward to new participants. Call if you are interested in joining a group.

Book Discussion



Chair: Toni Hoffman- Third
Monday of month
Date: April 17, 1:30 pm
Hostess: **Janice
Lupackino**
Book: *Enrique's Journey*

by Sonia Nazario

Mah Jongg



Chair : Toni Hoffman
Second and fourth
Mondays at 10:30 am

Diversity: Deeds and Dialogue



Chair: Rosemary Baker
Hostess: **Ruth Skoglund**
April 26, 7:00 pm
Tears We Cannot Stop
through chapter 3

Rotating Gourmet



Chair: Lois Wildrick
Our spring (April/May)
meal is a brunch. Hostesses
are Janice Lupackino,
Annette Stody and Lois

Wildrick. They should be contacting their participants soon. Recipes will be sent shortly. Please contact Lois if you would like to host the summer picnic.

Tuesday Afternoon Bridge Group



Chair: Rosemary Baker -
Tuesday afternoons, Call
Rosemary for more
information

International Relations:

Chair: Jean Riker
Hostess: **Rosemary Baker**
April 25, 1:30 pm
Population Movements in Europe

American Association of University Women

AAUW National	800.326.2289	www.aauw.org
Easton Branch		easton-pa.aauw.net
Co-Presidents	Nancy Butow, Fran Kennedy	easton-pa.aauw.net/contact/
Membership	Nancy Berry/Annette Stoodly	easton-pa.aauw.net/membership/
Easton Edition		

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

In principle and in practice, AAUW values and seeks a diverse membership. There shall be no barriers to members to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national orientation, disability, or class.

The AAUW funds include the Educational Opportunities Funds (formerly a part of the AAUW Educational Foundation) which help us to advance equity for women and girls through programs such as American and International fellowships and Community Action grants.

AAUW Funds also include the Legal Advocacy Fund which provides funding and a support system for women seeking judicial redress for sexual discrimination, the Leadership Programs Fund (formerly the AAUW Leadership and Training Institute), the Eleanor Roosevelt Fund, and the Public Policy Fund.



P.O. Box 1464
Easton, PA
18044-1464

Easton,
Pennsylvania
Branch

Advances equity for
women and girls

ADDRESS SERVICE REQUESTED