



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

Kirkwood—Webster Groves Branch Newsletter

October 2014 No. 2

Branch Meeting and Program

WEBSTER GROVES HIGH SCHOOL ROBOTICS TEAM

Thursday, October 9, 2014

Oak Bend Branch Library

842 S. Holmes Ave, St. Louis, MO 63122

Time: 6:30 p.m. Social time and networking, 7 p.m. program

Nicholas Kirschman will again bring the talented students of his robotics team to share with us some of their accomplishments in the STEM field.

!!!!!!! PLEASE BRING CANNED/NONPERISHABLE FOOD ITEMS TO THIS MEETING!!!!!!

Phyllis Foster is collecting food items for the Kirk Care Food Pantry.

Their shelves are bare. See below for more details.

INTEREST GROUPS

AAUW KWG Evening Book Group

Meets third Mondays at 6:30 p.m. for dinner, 7 p.m. for discussion, St. Louis Bread Company, 10221 Manchester Rd. (note new location on north side of Manchester in the Schnucks shopping center). Contact Kay Meyer, 314-962-7487 or kicmeyer@yahoo.com, for more information.

October 20: *The Devil in the White City*, by Eric Larson

November 17: *The Dressmaker of Khair Khana*, by Gayle Tzemack Lemmon

December: No meeting

January 19: *The Goldfinch*, by Donna Tartt

February 16: *The Whistling Season*, by Ivan Doig

March 16: *The Scarlet Sisters*, by Myra MacPherson

April 20: *Still Foolin' Em*, by Billy Crystal

May 18: Planning and book selection meeting

June 15: *Peace Like a River*, by Leif Enger

AAUW Adelante Reading Group

Meets fourth Thursdays at 1:30 p.m., Barnes & Noble, 1600 Clarkson Rd.



Contact Teri Brecht, tebrecht@yahoo.com, for more information.

October 23: *Crazy Love*, by Leslie Morgan Steiner. Reviewer: Lynne Roney

November and December: No meeting

January 23: *Orphan Train*, by Christina Baker Kline. Reviewer: Julie Triplett

February 26: *The Round House: A Novel*, by Louise Erdrich. Reviewer: Sharon Gill

March 26: Book TBA. Reviewer: Carol Davis McDonald

April 23: *Calla Lilies: A True Story of Four Sisters and Their Struggle to Survive Abuse, Addiction, and Poverty in America*, by Kay Corbett. Reviewer: Phyllis Guberman

May 28: *My Beloved World*, by Sonia Sotomayor. Reviewer: Linda Roberson

AAUW IBC Downtown Lunch Group

Meets third Tuesdays at 11:45 a.m. Contact Jean Shull for reservations: 314-822-7821 or jshull2@mindspring.com.

October 21: Mama Josephine's, 4000 Shaw Blvd.

November 18: O'Connell's, 4652 Shaw Blvd.

December 16: Jimmy's Café on the Park, 706 Demun Ave.

International Relations Lecture Series

Meets second Tuesdays January-April at the Ethical Society, 9001 Clayton Rd.

January 13: "The End of the Ottoman Empire"

February 10: "The Status of Women in the World"

March 10: "Will 3-D Printing Change the World?"

April 14: "The State of Our Oceans"

NEWS

Pecan Sales

Please turn in your pecan order forms to Carol Davis McDonald. A form is attached.

Kirk Care Donations

At the Spring Banquet it was suggested that the tradition of bringing donations for charity to the branch meetings be reestablished. The Board agreed with this recommendation and designated Kirk Care, Kirkwood's area food pantry, as the recipient of the donations. Its shelves are greatly depleted. Donations need to be nonperishable goods. Besides canned goods, dried beans, rice, lentils, pasta, and



box mixes are appreciated. Phyllis Foster will take the donations to First Presbyterian Church of Kirkwood for weekly pickup. If you have a suggestion for other agencies that need help, please let us know at future meetings.

St. Louis Metro Interbranch Council

The IBC will be producing bookmarks listing contact information for all its branches to be distributed in area libraries. IBC also advertises in the Women's Yellow Pages, the Metropolitan Congregations United resource guide, and the Women's Equality Day luncheon program. IBC sent three students to the National Conference for College Women Student Leaders this year, thanks to contributions from the branches and IBC funds.

AAUW Dues Time

Reminder: If you haven't renewed yet, you can do so online through www.aauw.org or mail dues with your check made out to AAUW (not Kirkwood-Webster Groves AAUW) to Carol Davis McDonald, 827 Bergquist, Manchester, MO 63011. Dues are \$74 (\$49 national, \$10 state, \$15 branch). If you would like to make a donation to AAUW Funds, you may do so online when you pay your dues or send Carol a separate check, payable to AAUW Funds.

News from AAUW MO Board

The AAUW MO board met in July at President (and past KWG Branch member) Diane Ludwig's home in Fulton, MO, for food and strategic planning and at Diane's church on Saturday. Diane said that she will be communicating by president's letter with all the branches. "As state president, I want to help keep the connections between national and branches strong and interactive. Having served on a national committee for the past five years, I know, first-hand, how important branch work is to our efforts. National really does want to help." Diane recommends having state-led study topics for branches utilizing Programs in a Box on the annual Star Award. Upon installation, Diane stated that she has two goals: (1) Complete the F. Elaine Richardson R&P Endowment to allow it to start awarding monies to deserving young women (in case you wonder where to designate donations to AAUW Funds), and (2) reach out to new retirees for AAUW membership (statistics show that 8,000-10,000 baby boomers are retiring every day!). (Adapted from St. Louis Branch newsletter)



CALENDAR

Mark your calendar now for upcoming branch programs!

November 13: Our ever popular potluck dinner at Brentwood Community Center! Speaker from Crisis Aid International. Learn about this organization, which does amazing work to stop sex trafficking, as well as much more.

December 11: Holiday shopping at Plowsharing Crafts in Kirkwood, followed by dinner at the Jefferson Grill.

January: No meeting

February 12: Program TBA

March 21: Interbranch Council Spring Fling luncheon at The Highlands Clubhouse in Forest Park.

April 9: STEM awards to high school girls; annual business meeting and election of officers; program TBA

May 8: Banquet, the Jefferson Grill

Other Events

October 11: AAUW MO state board meeting

October 31: Pay Equity: Realities, Challenges, Opportunities. UMSL Lifelong Learning. For more information, contact Malaika Horne, PhD, director, 314-516-4749 or hornem@umsl.edu. Sponsors: Zonta Club of St. Louis and UMSL Gender Studies Program in cooperation with AAUW.

November 1: Deadline for AAUW National Board applications

November 4: U.S. and local election day

November 15: Deadline for comments for AAUW 2015-17 Public Policy Program

November 18: Interbranch Council meeting, Thornhill Branch Library

December 5: Deadline for comments for AAUW national bylaws

Websites

Branch: kwg-mo.aauw.net

State: aauw-mo.aauw.net

National: aauw.org



Order Form for FRESH GEORGIA PECANS, a Fund-Raising Project of the AAUW Kirkwood-Webster Groves Branch

Please Contact Your Friends, Neighbors, Co-Workers, and Relatives for Orders. Send Orders to Carol Davis McDonald (636-227-0511) by **OCTOBER 16th**

RESEARCH FINDS that pecans are healthy! Adding just a handful of pecans to a low-fat diet can dramatically lower LDL cholesterol as well as triglyceride levels. Pecans have good fats, which lower bad cholesterol, and do not affect good cholesterol. Pecans are naturally cholesterol-free and sodium-free and are high in unsaturated fats that promote and maintain good health. So - add pecans to cereal, salads, entrees, and vegetables; sprinkle them over fat-free yogurt; or even eat them plain as a snack. Enjoy not only their delicious taste but also the added health benefits.

STORING PECANS under refrigeration is the best way to retain the fresh aroma, color, and flavor of pecans. The lower the temperature, the longer the pecans will keep, although there is no critical temperature below which pecans must be held. Pecans stored in a refrigerator (38 to 40 degrees F) will keep for more than nine months. In the freezer at 0 degrees F they will remain in good condition for two years or longer. Unused pecans may be refrozen again and again without adverse effect on the quality or texture of the pecans.

Our AAUW branch is once again selling Georgia pecans (**25+ YEARS CAN'T BE WRONG!**). They are fresh - **Fall 2014 crop** - and cheaper than in most stores. The "candied" pecans make excellent hostess, thank-you, or holiday gifts. The prices are as follows:

- **Fancy Mammoth Halves (shelled)** – fantastic flavor for healthy snacking and holiday baking..... \$12.00 per lb
- **Cinnamon Glazed Pecans** – crunchy Schermer pecans with a cinnamon-glazed coating and a hint of vanilla..... \$10.00 per bag
- **Chocolate Covered Pecans** – smooth milk chocolate and crisp, roasted Schermer Pecans make this a perfect holiday treat, 12 oz..... \$10.00 per bag
- **Pecan Caramel Cluster** – crisp pecan pieces, milk chocolate, and creamy caramel, individually wrapped, 16-18 pieces..... \$10.00 per bag
- **Glazed Pecans** – Mammoth pecan halves coated with a scrumptious glaze..... \$10.00 per bag
- **Dark Chocolate Covered Pecans** – **smooth dark chocolate makes this a healthy snack**..... \$10.00 per bag
- **Spiral cookbooks** with more than 300 recipes are also available..... \$13.00 each

The pecans should be delivered before the holiday baking season, depending on the growing season and weather. Please make checks payable to "AAUW K-WG Branch." Questions? Call Carol at 636-227-0511 or e-mail davis-mcdonald@iuwo.com (Continue on reverse side as needed)

Name	Phone/E-mail	Fancy Mammoth Halves	Cinnamon Glazed	Chocolate Covered	Pecan Caramel Clusters	Glazed Mammoth Halves	Dark Chocolate Covered	Spiral Cook-book	Total Cost