

Newsletter of the Kirkwood–Webster Groves Branch Founded April 1971

2015-2016, No.2

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

Who we are ...

The Kirkwood-Webster Groves Branch of AAUW supports the full range of the AAUW mission through its monthly program meetings, special interest study groups, and public outreach events, by engaging in political action, collaborating with local organizations and educational institutions regarding AAUW topics, and by supporting area young women and girls directly. We are one of six branches in the St. Louis, MO, area that comprise the AAUW Metro Saint Louis Interbranch Council (IBC).

Branch Officers, 2015-2016

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K-WG: <u>http://kwg-mo.aauw.net</u>

IBC: <u>http://stlouis-ibc.aauw.net</u>

State: <u>www.aauwmo.org</u>

National: <u>www.aauw.org</u>

You are cordially invited to our October program . . .



Kirkwood Community Center Room 302 111 S. Geyer Road

Chances are you know someone who has been a victim of identity theft or fallen prey to a phone or online scam. What can you do to protect yourself and who do you call for help. Come to the October meeting find out about the most common types of fraud and scams. Materials provided by the Federal Trade Commission will be provided. Bring a friend! All are welcome.

Donations of non-perishable food for Kirkcare, Kirkwood's food pantry, will be collected at each meeting. Your donation will be appreciated!

Questions? Call Kay Meyer 314-962-7487 or kicmeyer51@gmail.com

AAUW Kirkwood-Webster Groves Branch has an interesting line up of speakers and presentations for the year. You will want to "save the dates" and attend our meetings! A printable summary of 2015 fall meetings is attached.

A Message from President Kay Meyer ...

We had a wonderful September meeting to start the new AAUW year. Thanks to everyone who brought the delicious food, and thanks also to the members who came early to set up and those who stayed to clean up. I think we have the best members because everyone works as a team to make the branch meetings fun and interesting. Our speaker, Dr. Natalie LaFranzo, gave a wonderful presentation about Women in the STEM program that included information from AAUW's latest research report, Solving the Equation.

I hope to see everyone at the October meeting. I may be on crutches for the next few months while I recover from surgery for a broken fibula bone in my right ankle. I have received so many beautiful get well cards and help with rides and errands. I feel truly blessed to have all of you in my life.

Legislative Retreat

Join women activists from all over the state on January 16, 2016, for the Annual Legislative Retreat. Hear presentations from women working with Missouri legislation and legislators, discover what legislation is proposed for the Missouri House and Senate for the 2016 session, make plans for effective lobbying for women's issues, learn how to effectively work with legislators, determine legislative priorities, and much more.

The Retreat will be held in the second floor conference room at the Hy Vee Grocery, 405 E Nifong Boulevard, in Columbia. It begins at 8:30 and will be completed by 2:30. There is no cost for registration. A free complimentary continental breakfast will be available upon arrival at 8:30; lunch Saturday will be purchased at the Hy Vee Deli by each participant. The Retreat is open to the public. Bring your progressive women friends.

To register call 314-831-5359 or 573-449-8062 or e-mail <u>sbreeze@mindspring.com</u> or <u>gbutler111@aol.com</u>.

Kirk Care Support

K-WG will once again collect donations of nonperishable food items at each of its monthly program meetings. Kirk Care is Kirkwood's local food pantry. The need is great! Please bring what you can!

Last Call for Pecans! Order Deadline Oct. 18!

It's time to start getting into pecan mode. I will need to call in our order in mid-October in order to have them in time for (hopefully) Thanksgiving. Pecan sales have helped us send officers and members to leadership training, as well as fund our education fellowships over the years. Fundraising is a way for our branch to have money available for programs and other expenses since branch dues are so low. Schermer Pecans have been popular in our branch for several decades, believe it or not, so we will continue the project until members are no longer interested. If you have any questions, please call (636-227-0511) or email Carol (davismcdonald@juno.com).

St. Louis Metro AAUW Interbranch Council

Mark your calendar now for the 2016 Spring Fling, to be held March 12 at The Highlands in Forest Park! This lovely annual luncheon is an opportunity for AAUW members from all area branches to get together and enjoy a special program. It's the only fund-raising activity for IBC.

The next IBC meeting is November 24 at 7 p.m. at Thornhill Branch library. All members are welcome to attend.

KWG Late Afternoon Book Group

This group meets the 4th Monday of each month at 4 pm at St. Louis Bread Company on Manchester in Kirkwood (or a place to be announced). Friends, family, and guests are always welcome to join the discussion. Contacts: Barbara Johnson, 314-962-3501, or Kay Meyer, 314-962-7487 or kicmeyer@yahoo.com. Here is the reading list for the next few months:

Oct 26	The Touch by Colleen McCullough
Nov 23	Lady Almina and the Real Downton Abbey: The
	Lost Legacy of Highclere Castle by Fiona Carnavon
Dec	NO MEETING – Happy holidays!
Jan 25	The Passion of Artemisia by Susan Vreeland
Feb 22	The Boys in the Boat: Nine Americans and Their
	Epic Quest at the 1936 Berlin Olympics by Daniel
	James Brown
Mar 28	At the Water's Edge by Sara Gruen
Apr 25	When Men Betray by Webb Hubbell
May 23	Planning Meeting
June 27	Go Set the Watchman by Harper Lee

AAUW Branch Activities

Ballwin Chesterfield is having an LAF Trivia Night Saturday October 24, 2015, at Trinity Lutheran Church, 14088 Clayton Road, Chesterfield, MO 63017. Cost is \$20 for a single ticket or \$160 for a table of eight. Contact Kay Meyer if you are interested in being part of a KWG table!

The St. Charles AAUW Branch is having a Jon Denver Tribute Concert Friday Sept. 11, 2015, 7:00 to 9:30 pm to raise funds to benefit St. Charles Outreach Coalition Against Human Trafficking. The concert will be held at St. Joseph Chapel, 204 North Main Street, O'Fallon, MO. For more information email ehogan@cpps-ofallon.org.

Downtown Lunch Group (DLG)

Here are the places to be on the 3rd Tuesday of the month at 11:45 am. Please join us – we have lots of good conversation. For reservations contact **Kay Meyer** at 314-962-7487 or kicmeyer@yahoo.com.



- Oct 20 Mama Josephine's 4000 Shaw Boulevard St. Louis, 314-771-4001
- Nov 17 Old Standard Fried Chicken 1621 Tower Grove Avenue St. Louis, 314-932-7818
- Dec 15 The Restaurant at the Cheshire 7036 Clayton Avenue St. Louis, 314-932-7818

AAUW ¡Adelante! Book Group

Many AAUW members share a love of reading, and that love, partnered with a desire to seek out books written from diverse perspectives, launched a component of AAUW's diversity outreach program in 1996 — AAUW's ¡Adelante! Book-of-the-Month Club. The St. Louis IBC book group meets September through May.

Where:	Barnes & Noble, Chesterfield Oaks Shopping Center 1600 Clarkson Road
When:	1:30 p.m. the fourth Thursday of the month
Contact:	Teri Brecht, tebrecht@yahoo.com. AAUW members
	from all St. Louis area branches are welcome

AAUW MO Fall Focus!

AAUW MO and the St. Louis Inter-Branch Council are delighted to sponsor a special meeting with:

Mark Hopkins

Chief Strategy Officer for AAUW National

Mark helps guide many AAUW programs such as Tech Trek, NCCWSL, and Start Smart/ Work Smart. He will be here to update us on the new focus of the AAUW Fund and on the Start Smart/Work Smart programs, which AAUW has now brought in-house. AAUW MO hopes to initiate Start Smart widely in Missouri.

Make plans now to be a part of this exciting AAUW afternoon! There is no charge to attend, but registration is required. Please respond via THIS evite (a new step in technology for AAUW MO!) Join your AAUW colleagues in keeping AAUW MO on the move! (Please note that the country club has a 'no denim' policy.)

Saturday, October 31

Whitmoor Country Club

Optional Opportunity: Come at 11:30 a.m. and join the AAUW MO Board for a delicious luncheon and networking time. Cost is \$20 per person, payable at the door. When you e-reply, please add your name and the letter of your menu choice in the COMMENTS section. Menu choices are:

- (A) French Pretzel Dip (beef)
- (B) Chicken Tender Wrap

(C) Cobb Salad

(If no menu selection is noted, you will be registered in the afternoon session only.)

Questions? Contact Jan Scott, IBC Chair, at

jan@wypstlouis.com, or 314-727-6876.

REGISTRATION DEADLINE IS OCTOBER 23

Maya Angelou Bust in Hall of Famous Missourians

Remember our excitement when we installed a bust of Virginia Minor in the Hall of Famous Missourians in the State Capitol (third floor) last year? We now need to put this enthusiasm and commitment toward honoring another famous Missouri woman--Maya Angelou.

Maya Angelou is internationally-known as an author whose works include I Know Why the Caged Bird Sings and Mom and Me and Mom. She also wrote outstanding works of poetry including Wouldn't Take Nothing for my Journey Now and Just Give Me a Cool Drink of Water 'fore I die.

Ms. Angelou was born in St. Louis and spent some of her young life there.

The Speaker of the Missouri House determines who gets a bust in the Hall and the methods used to make this happen. There is a new Speaker so the process has been delayed somewhat. However, his office asks people promoting an individual to send him an e-mail requesting a person be considered with a short statement about the attributes of the person being nominated. These should be sent to Speaker of the House Todd Richardson at todd.richardson@house.mo.gov. The final decision is not expected until spring 2016. However, it helps to solidify the choice of Maya Angelou to have a great response early in the process.

Should Maya Angelou be chosen as one of the nominees, private money would need to be raised (about \$10,000) to hire a sculptor, and provide funds for the pedestal and the installation of the bust. She would be only the ninth woman in the Hall; there are 36 men represented.

Anything you want to share with our members? Please send articles and information for the newsletter to: Marsha Koch marshak@gmage.net 1742 Connemara Drive Ballwin, MO 63021 636-256-3746

AAUW CALENDAR OF EVENTS

- Oct 15 KWG Branch Program: Fraud Fighting, 6:30 Deadline for LAF Case Support Travel Grant Applications
- Oct 20 DLG, Mama Josephine's, 11:45
- Oct 22 jAdelante! Book Group, 1:30
- Oct 24 United Nations 75th Anniversary
- Oct 26 Late Afternoon Book Group, 4:00
- Oct 31 MO State Board Meeting MO State Fall Focus/Board Meeting
- Nov 3 Election Day
- Nov 10 Deadline--Nominating Title IX Champion
- Nov 15 Deadline--American Fellowships Applications
- Nov 17 DLG, Old Standard Fried Chicken, 11:45
- Nov 19 KWG Branch Program: stEM in St. Louis, 6:30
- Nov 23 Late Afternoon Book Group, 4:00
- Nov 24 IBC Meeting, 7:00
- Dec 1 Deadline--International Fellowships Applications
- Dec 10 KWG Branch Program: 6:30 pm Plowsharing Crafts and Holiday Dinner
- Dec 15 DLG, The Restaurant at the Cheshire, 11:45 Deadline--Career Development Grants Applications Deadline--International Project Grants Applications

<u>2016</u>

- Jan 16 Legislative Retreat, Columbia, MO
- Mar 12 IBC Spring Fling
- Apr 12 Equal Pay Day/Equity Rally
- May 15 Deadline--Mandatory Bylaw Revision
- Jun 3-4 Mid-West Regional Conference, Kansas City
- Sep 3 Re-creation of the Long Yellow Line, St. Louis

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 18

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.

٠	Fancy Mammoth Halves (shelled) – fantastic flavor for healthy snacking and holiday baking	\$12.00 per lb
٠	Cinnamon Glazed Pecans - crunchy Schermer pecans with a cinnamon-glazed coating and a hint of vanilla	\$10.00 per bag
٠	Chocolate Covered Pecans - smooth milk chocolate and crisp, roasted Schermer Pecans make this a perfect holiday treat, 12 oz .	\$10.00 per bag
٠	Pecan Caramel Cluster - crisp pecan pieces, milk chocolate, and creamy caramel, individually wrapped, 16-18 pieces	\$10.00 per bag
٠	Glazed Pecans – mammoth pecan halves coated with a scrumptious glaze	\$10.00 per bag
٠	Dark Chocolate Covered Pecans – smooth dark chocolate makes this a healthy snack	\$10.00 per bag
٠	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 <u>davis-mcdonald@juno.com</u> (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

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September 17, 2015: Potluck Dinner and Celebrating the Women of STEM. The meeting will be held on the third Thursday at the Kirkwood Community Center Room 302 at 111 S. Geyer Rd from 6:30pm-9:00pm. Please bring a dish to share. The presenter is Dr. Natalie LaFranzo, a chemist and coach of the Washington University cheerleading team. Dr. LaFranzo is currently a technical support scientist and can provide insight on being a woman in a traditionally male-dominated science career. This presentation connects to the AAUW research report, Solving the Equation. You can read the report iust the executive summary) online (or at

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<u>http://www.aauw.org/research/solving-the-equation/</u> to prepare for the night's discussion. To learn more about Dr. LaFranzo visit her Washington University page: <u>http://bearsports.wustl.edu/information/directory/bios/LaFranzo</u>.



October 15, 2015: *Fraud Fighting.* The meeting will be held on the third Thursday at the Kirkwood Community Center Room 302 at 111 S. Geyer Rd from 6:30pm-9:00pm. Scams, online, over the phone, or in person, are an ongoing problem, and senior citizens are a target audience. Attend this session to learn how you can protect yourself from fraud with this Wells Fargo sponsored presentation, *Pass it On: Fraud Fighters* presented by Mr. Ted Weiner.

November 19, 2015: stEM in St. Louis. The meeting will be held on the third Thursday at the Kirkwood Community Center **Room 200** at 111 S. Geyer Rd from 6:30pm-9:00pm. This meeting will focus on two engineering and math programs in St. Louis. Nicholas Kirschman and students from the Statesbots FIRST Robotics team will be on hand at 6:30pm to informally share robots. Come at 6:30 to interact with robots. At 7pm the students will provide a brief update on their project for the school year.

At 7:30, Cynthia Hoffman and Shelley Propst of Project MEGSSS, and Dr. Doug Hunt of IMACS will present information about two math programs in St. Louis: Project MEGSSS and IMACS. The MEGSSS website states, "Project MEGSSS is a nonprofit, mathematics resource for all parents, teachers, and schools. We offer high challenge programming for mathtalented students, grades 5 through 8, designed to broaden their mathematics exposure and inspire students to develop solid critical thinking skills." Likewise, IMACS, a for-profit company, provides programming designed to expand a child's mind through the development of critical thinking, logic, and reasoning skills. These programs developed in different ways, a production of the same government-funded educational laboratory in the 1970's, and since then, have provided access to unique programming for talented math students in the region. Be prepared to develop your critical thinking skills with a math activity.

Visit these sites for more info: <u>www.megsss.org</u> <u>http://www.usfirst.org/roboticsprograms/ftc</u> <u>http://hs.webster.k12.mo.us/pages/WGHS/Departments/Clubs_and_Activities/Robotics_Team</u>

December 10, 2015: Plowsharing Crafts and Holiday Dinner. This meeting will be held on the **second** Thursday at Plowsharing Crafts (137 W. Jefferson) and Jefferson Grill in Kirkwood with shopping at 6pm and dinner at 7pm. AAUW



7 W. Jefferson) and Jefferson Grill in Kirkwood with shopping at 6pm and dinner at 7pm. AAUW Kirkwood-Webster Groves Branch will make 15% of all sales from 6pm to close AND during the day our Branch earns money if the purchaser mentions AAUW! What a wonderful opportunity! Buy gifts, help people across the globe with fair trade products, AND earn money for AAUW-KWG! Please invite all of your friends to come and shop! Also, invite friends for dinner! We do need an RSVP for dinner. Please contact Kay at 314-962-7487 or <u>kicmeyer51@gmail.com</u> if you can attend the holiday dinner. Visit <u>http://plowsharing.org/</u> to learn more about Plowsharing

Crafts and <u>http://www.jeffersongrill.com/</u> to study the menu at Jefferson Grill.



WE PUT THE M IN STEM