

AAUW Howard County Branch NEWSLETTER



OUR MISSION: *To advance equity for women and girls through advocacy, education, philanthropy, and research.*

SEPTEMBER 2019

Hello -

I hope everyone has been enjoying the summer and is ready for some interesting and exciting activities planned for our branch. There are some wonderful traditional activities and some new activities that we hope you will participate in throughout the year. Last year we had a good year and were quite busy with a plethora of fundraisers, informative sessions on relevant topics, fun discussions in our Interest Groups, and various social festivities. We should be proud that we raised \$7,100 for eight scholarships this year. Way to go ladies!

Our upcoming activities over the next couple of months will kick off with our Branch Potluck Dinner on **September 10 at 6:30 pm**. At that meeting we will present the 2019-2020 budget and several bylaw changes for your approval. One of the changes is the combination of our Membership and Diversity Committees. At the meeting, we will also hear about the opioid crisis and its impact on Howard County as well as recent actions the Center for Disease Control is taking to address this issue.

Chizoba Ebinama and Debra Wade have been working hard over the summer for our Branch to hold its first Tea and achievement awards ceremony for several Howard County Women to be held **October 27th from 3 to 5 pm**. Please mark your calendars and plan to host a table or buy tickets for this fundraising event. We hope to make it the first of many teas to come.

Check the calendar in this newsletter for more event dates through June 2020.

Thanks to many of you who have paid your dues (\$82) for the new year that started July 1, but for those who haven't we will be sending invoices as a gentle reminder for either renewing online, bringing a check to our September 10 Branch meeting, or mailing a check to Bea Dane. Her address is on page 3 below.

Please consider bringing a friend or neighbor to the Potluck where she can become a member for the bargain price of \$52.50. I am looking forward to seeing everyone there!

Beth

Beth Hayden, President

SAVE THE DATE

- ✓ **Tuesday, September 10** 6:30 PM Fall Potluck at First Evangelical Lutheran Church, 3604 Chatham Road, Ellicott City
- ✓ **Thursday, October 10** 7:00 PM Branch Meeting at First Evangelical Lutheran Church, 3604 Chatham Road, Ellicott City [Note change from usual date]
- ✓ **Sunday, October 27** 3:00 PM Tea and Howard County Women of Achievement Awards

Branch website: howardcounty-md.aauw.net Password: h0c0MD

Social

Connie Palmieri and Carol Phelps, Social Co-VPS

JOIN US AS WE KICK OFF AAUW Howard County Branch FY 2019-20 with our annual POTLUCK SUPPER

WHEN: Tuesday, September 10, 2019, 6:00 PM

WHERE: First Evangelical Lutheran Church, 3604 Chatham Road
Corner of Route 144 (Frederick Road) and Chatham Road, Ellicott City

Guest Speaker: Liesele Wood, Administrator for Prevention, Howard County Department of Health. “The Opioid Crisis and its Impact on Howard County”

A short branch business meeting will follow dinner.

Please bring a ready-to-serve dish for 8-10 people. Bring a serving utensil and put your name on the dish and utensil.

If your last name begins with A to J, please bring a salad (green salad, pasta/rice salad, fruit salad, chicken/tuna).

If your last name begins with K – S, please bring a dessert.

If your last name begins with T to Z, please bring a side dish (casserole, vegetables).

RSVP no later than Tuesday, September 3. and let us know what you are bringing.

Connie Palmieri Email: conniempalmieri@yahoo.com or call 410-489-5654



September Program **Susan Hailman, Program VP**

Opioids –What You Should Know and Why

On September 10th our speaker will be Liesele Wood who is Howard County Health Department's Prevention Administrator. She'll be talking with us about the opioid crisis and its impact on Howard County - especially on folks in our age cohort. I was surprised to learn how many opioid overdoses and dependence issues stem from legitimate prescriptions. As we get older, and our experiences of pain become more frequent, the chance that we will be prescribed an opioid also increases. Many folks have become dependent or overdosed because they trusted that if it was prescribed and they followed instructions these drugs must be safe. She will be talking about Howard County's response to the opioid crisis (there are many resources available) and questions we might ask our doctors to avoid problems. She will also offer information and instruction on naloxone which can prevent death in case of an accidental overdose. Naloxone will be available to take home for any attendees who want it. Feel free to bring friends or family members to this presentation. It's an important issue!

If you are interested in a wider view of this topic, I am currently reading a new book called "In Pain: A Bioethicist's Personal Struggles with Opioids" written by Travis Rieder, who actually works at Johns Hopkins University. He raises a lot of troubling issues based on his own experiences after a serious motorcycle accident that crushed his foot. He was prescribed heavy doses of opioids by doctors who had no real knowledge of how addicting they were or how to wean him off them. Did you know that most doctors take no courses on pain management? Food for thought! I spoke to Ms. Wood about this book and she had several comments about recent actions Center for Disease Control has taken related to these issues. This should be a very interesting conversation. Hope to see you there!

Susan Hailman, Program VP

MEMBERSHIP and DIVERSITY **Debra Wade, Membership and Diversity VP**

DUES FOR 2019-2020

If you haven't paid your dues for 2019-2020, please do so as soon as possible.

Dues are \$82.00 per year which includes national, state and branch dues. Make your check payable to *AAUW Howard County* and mail to Finance Officer Bea Dane, 4050 Hobbs Hill Road, Glenelg, MD 21737.

SPECIAL OPPORTUNITY FOR YOUR FRIENDS Please consider bringing a friend to the Fall Potluck Dinner. If your friend joins that evening, membership dues are only \$52.50. A real deal!

PHILANTHROPY

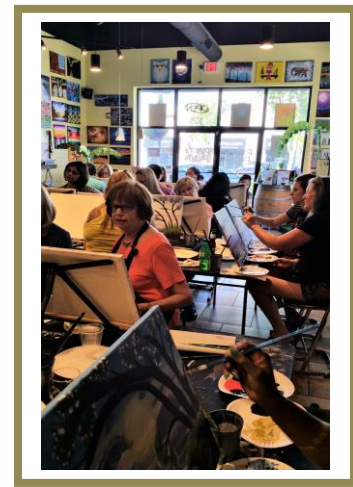
Chizoba Ebinama, Philanthropy VP

Our *Paint It Forward* event with Pinot's Palette in June raised \$369 for the scholarship fund. Everyone had such a great time we plan to do it again. Look at the smiles in the photos below! Stay tuned for more information.

During the summer the Philanthropy committee has been hard at work planning our first annual **fundraising Tea and Howard County Women of Achievement Awards for Sunday, October 27, 2019**. Our space is reserved, and if anyone wants to dust off their tea sets and join the team, please contact Chizoba Ebinama at 240-264-7824 or chizoe@besthomecaremd.com



Pinot's Palette Pics



Report from the Board

The board has taken actions recently that will come up for a vote at the business meeting at the September Potluck.

1. Approved the budget for 2019-2020. See page 6.
2. Approved creation of a combined Membership and Diversity Vice President position. This VP will form a committee to increase both membership and diversity within our branch. As a new board position, it requires a change in our bylaws and must be approved by the membership. The revised bylaw is below on page 7.
Deb Wade has agreed to be the Membership and Diversity VP.
AAUW Maryland is working on diversity and inclusion, too. See a photo and report later in this issue.
3. Approved plans for a fundraising tea, now being planned by the Philanthropy Committee, that will honor women who have achieved significant positions in Howard County.

Education Suzanne Soules, VP

We raised \$7,100 for eight scholarship recipients in 2019.

- **Two scholarships** (one \$2,000 and one \$1,000) for women transferring from Howard Community College (HCC) to a four-year institution to earn a bachelor's degree
- **Four scholarships** (\$750 each) for women continuing their classes at HCC
- **Two scholarships** (\$550 each) for young women to attend AAUW's National Conference for College Women Student Leaders (NCCWSL.) This three-day conference is held annually at the University of Maryland College Park in late Spring where women from all over the United States attend skill-building workshops, hear motivational speakers and network with other student leaders.



*Front row from left: Eileen Diggs (HCC staff), Yeojeong Kim (scholarship recipient), Philly Peterson (scholarship recipient), Alexis Sanchez (NCCWSL), Shantavia Hart-Green (NCCWSL), Tsega Amhatsiom (scholarship recipient).
Back row: Petrina Miller (scholarship recipient), Maureen Marshall, (HCC staff).*

2019-2020 Branch Budget

	BUDGET
INCOME	
DUES	950
PINOT'S PAINT	300
TEA (Net)	1760
FASHION SHOW (Net)	5000
HOLIDAY PARTY(Net)	1000
TINO'S	500
MISC	0
RESERVE	0
TOTAL INCOME	9510
EXPENSES	
ROOM RENTAL	510
PROGRAM	200
NEWSLETTER	50
MEMBERSHIP/DIVERSITY	275
EDUCATION	200
WEBSITE	120
SOCIAL - MEETINGS	300
PUBLIC POLICY	50
PRESIDENT	100
TREASURER	20
INSURANCE	185
SUBTOTAL OPERATIONS	2010
HCC SCHOLARSHIPS - 2	3000
HCC LOCAL STUDENTS - 4	3000
MD WOMAN OF DISTINCTION	250
NATIONAL UNRESTRICTED	250
NCCWSL	1000
SUBTOTAL EDUCATION EXPENSES	7500
TOTAL EXPENSES	9510

Proposed Bylaw Amendment

Proposed Bylaw Amendment

At the September potluck, the following amendment to the branch bylaws will be presented for approval by the members in attendance.

ARTICLE IX. OFFICERS

Section 1. Officers

- a. The eleven elected officers for the Affiliate shall be President, First Vice President, ~~Advocacy~~ **Public Policy** Vice President, Communications Vice President, Education Vice President, Finance Officer, Membership **and Diversity** Vice President, Philanthropy Vice President, Program Vice President, Social Vice President and Secretary.
- b. Officers shall serve for a term of two years. Term of office shall begin on July 1.
- c. No elected officer shall hold more than one office at a time. Elected officers shall be eligible to serve two consecutive terms in the same office. They may serve additional terms if a successor cannot be found in a reasonable amount of time.
- d. All vacancies in office shall be filled by appointment for the expired term by the Board.
- e. Each office may be filled by an officer or co-officers.
- f. The following officers shall be elected in even years: President, First Vice President, Education Vice President, Membership **and Diversity** Vice President, and Program Vice President. The following officers shall be elected in odd years: ~~Advocacy~~ **Public Policy** Vice President, Communications Vice President, Finance Officer, Philanthropy Vice President, Social Vice President and Secretary.

AAUW Maryland Summer Conference



Branch President Beth Hayden, Diane Roca and Bea Dane meet with Dr. Bruce Stewart.

Dr. Stewart was the principle speaker at the AAUW MD Summer Conference. He is a dynamic speaker who engaged members with ideas on how to reach different audiences, expand membership and create inclusive places. He addressed unconscious biases that each person carries and pointed out that “Inclusion Intelligence” is a mark of how good we are at building inclusion. “It’s not competition that pushes us forward but cooperation.” The goal is to make the group the best it can be by drawing on everyone’s different experiences and talents. Following his talk, members met in small groups to brainstorm ideas for branches to use.

Interest Groups

GREAT DECISIONS

Great Decisions is a foreign policy discussion program.

Two separate groups meet monthly in a member's home:

Evening Group on the third Monday of the month from 7:00 – 9:00 PM;

Daytime Group on the first Thursday of the month from 1:00 – 3:00 PM.

EVENING GROUP

We will discuss Topic #7. *The United States and Mexico: Partnership Tested* on Monday, September 16, at 7:00 PM. Hostess: Trent Kittleman, 3000 Kittleman Lane, West Friendship.

Contact: *Diane Roca*
dbroca@comcast.net or 410-964-3523

DAYTIME GROUP

The daytime Great Decisions Group will meet on Thursday, September 5 at 1:00 PM to discuss Chapter 7, *The United States and Mexico: Partnership Tested*. We will meet at the home of Lorraine Tropf. Our hostess is Sheila Jones.

Contact: *Lorraine Tropf*
lmerdon@comcast.net

ADVENTURES IN DINING

We will be meet at 6:00 PM on Tuesday, October 1, at Leelynn's, Columbia.

We will not have a dinner out in September due to the Labor Day holiday and our branch Pot-Luck dinner on September 10th. Contact: Carol Phelps carolmcauliffe@verizon.net

LUNCH BUNCH

The Lunch Bunch will meet on Thursday, August 29th, in Nordstrom's Cafe at 11:30 am, Columbia Mall.

Contact: *Gail Rust*
ggrust@verizon.net or 443-864-4189

AAUW READERS

We meet on the third Thursday of the month at the East Columbia Senior Center at 11:00 AM. Lunch at a local restaurant follows the discussion.

2019

- July 18: BECOMING by Michele Obama
- September 19: ACCIDENTAL PRESIDENTS: EIGHT MEN WHO CHANGED AMERICA by Jared Cohen
- November 21: CLOCK DANCE by Anne Tyler

2020

- January 16, 2020: COURTING MR. LINCOLN by Louis Bayard
- March 19, 2020: BORN A CRIME: STORIES FROM A SOUTH AFRICAN CHILDHOOD by Trevor Noah
- May 21, 2020: Planning Session

Contacts: *Doris Raytkwich*
dwhitespring@verizon.net or 301-776-1392
Barbara Parker bparker@virginia.edu or 410-796-9019

2019-2020 AAUW Howard County Branch Officers

President: Beth Hayden 410-707-2018 bhayden52@aol.com

First Vice President: Position open

Financial Officer: Bea Dane 410-299-8403

*Vice President, Programs: Susan Hailman
shailman@comcast.net*

*Vice President, Philanthropy: Chizoba Ebinama
240-264-7824*

*Co-Vice Presidents, Social: Carol Phelps 410-381-7076;
and Connie Palmieri 410-489-5654*

*Co-Vice Presidents, Secretary: Jean Parr 410-381-6351
and Friedel Warner 410-530-8088*

Vice President, Education: Suzanne Soules 410-872-8603

Co-Vice Presidents, Public Policy:

Bev Fallik 301-596-6208 and Lucie Geinzer 410-978-8310

Vice President, Membership and Diversity:

Debra Wade 410-531-2072

Vice President, Communications:

Diane Roca 410-964-3523

Fashion Show Chair: Position open

Website Manager: Position open

Adventures in Dining: Carol Phelps 410-381-7076

*AAUW Readers: Doris Raytkwich 301-776-1392
and Barbara Parker 410-796-9019*

Great Decisions: Daytime - Lorraine Tropf 301-617-2785

Evening - Diane Roca 410-964-3523

Lunch Bunch: Gail Rust 443-864-4189

Hand Crafters and Movies: Anne Tarantino 410-740-1285

2019-2020 Branch Calendar



SEPTEMBER 2019

- 5 -- **Great Decisions** @ 1 pm; *The United States and Mexico: Partnership Tested*
- 10 -- **Branch Potluck Supper** @ 6:30 pm; 1st Evangelical Lutheran Church; speaker Liesele Wood, Howard County Health Department's Prevention Administrator
- 16 -- **Great Decisions** @ 7 pm, Trent Kittleman's house; *The United States and Mexico: Partnership Tested*
- 17 -- **Board Meeting** @ 7 pm; Place TBD
- 19 -- **AAUW Readers** @ 11 am; E. Columbia Sr. Ctr
- 26 -- **Lunch Bunch** @ 11:30 am; Nordstrom's Café
- TBD -- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

OCTOBER

- 1 -- **Adventures in Dining** @ 6:00 pm, Lee Lyn's, Columbia
- 3 -- **Great Decisions** @ 1 pm; *The State of the State Department and American Diplomacy*
- 10 -- **Branch Meeting** @ 7:00 pm. NOTE change from usual Tuesday date.
- 15 -- **Board Meeting** @ 7 pm; Place TBD
- 21 -- **Great Decisions** @ 7pm, *The State of the State Department and American Diplomacy*
- 27 -- **Tea and Howard County Women Achievement Awards** @ 3:00 pm
- 28 -- **AAUW Maryland Fall Meeting**, Baltimore
- 31 -- **Lunch Bunch** @ 11:30 am; Nordstrom's Café
- TBD -- **MLAW Conference**
- TBD -- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

NOVEMBER

- 5 -- **Adventures in Dining** @ 6:00 pm, Columbia Ale House
- 12 -- **Branch Meeting** @ 7 pm; 1st Evangelical Lutheran Church
- 19 -- **Board Meeting** @ 7 pm; Place TBD
- 21 -- **AAUW Readers** @ 11 am; E. Columbia Sr. Ctr
- 21 -- **Lunch Bunch** @ 11:30 am; Nordstrom's Café
- TBD -- **Tino's Bistro** Fundraiser all day; Columbia
- TBD -- **Start Smart**
- TBD -- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

DECEMBER

- 3 -- **Adventures in Dining** -- @ 6:00 p.m.; King's Contrivance
- 17 -- **Board Meeting** @ 7 pm; Place TBD
- TBD -- **Holiday Party & Silent Auction**, Barbara Parker's House

JANUARY 2020

- 7 -- **Adventures in Dining** -- Place TBD
- 16 -- **AAUW Readers** @ 11:00 am; E. Columbia Sr. Ctr
- 21 -- **Board Meeting** @ 7 pm Place TBD
- 20 -- **Great Decisions** @ 7 pm
- 30 -- **Lunch Bunch** @ 11:30 am; Nordstrom's Café
- TBD -- **League of Women Voters Legislative Luncheon**

- TBD – **Women’s Legislative Briefing**
- TBD-- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

FEBRUARY

- 4 -- **Adventures in Dining** – Place TBD
- 6 -- **Great Decisions** @ 1 pm
- 17 -- **Great Decisions** @ 7 pm
- 18 -- **Board Meeting** @ 7 pm; Place TBD
- 27 -- **Lunch Bunch** @ 11:30 am; Nordstrom’s Café
- TBD - **Book Bash, Union Jack’s**
- TBD -- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

MARCH – Women’s History Month

- 3 -- **Adventures in Dining** – Place TBD
- 5 -- **Great Decisions** @ 1 pm
- 10 -- **Branch Meeting** @ 7 pm; 1st Evangelical Lutheran Church
- 16 -- **Great Decisions** @ 7 pm
- 17 -- **Board Meeting** @ 7 pm; Place TBD
- 19 -- **AAUW Readers** @ 11 am; E. Columbia Sr. Ctr,
- 26 -- **Lunch Bunch** @ 11:30 am; Nordstrom’s Café
- TBD - **Girl Power** @ John’s Hopkins Applied Physics Lab
- TBD -- **Diversity Event**
- TBD -- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

APRIL

- 2 -- **Great Decisions** @ 1 pm
- 7 -- **Adventures in Dining** – Place TBD
- 14 -- **Branch Meeting** @ 7 pm; 1st Evangelical Lutheran Church
- 20 - **Great Decisions** @ 7 pm
- 21 - **Board Meeting** @ 7 pm; Place TBD
- 30 -- **Lunch Bunch** @ 11:30 am; Nordstrom’s Café
- TBD-- **Fashion Show** @ Vantage House
- TBD-- **HCC STEM Festival**
- TBD – **AAUW Maryland Annual Convention** , Hosted by Anne Arundel County Branch
- TBD-- **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill

MAY

- 5 -- **Adventures in Dining** – Place TBD
- 7 – **Great Decisions** @ 1:00 pm
- 18 -- **Great Decisions** @ 7 pm
- 19 -- **Board Meeting** @ 7 pm; Place TBD
- 21 -- **AAUW Readers** @ 11 am; E. Columbia Sr. Ctr, planning meeting for 2020-21
- 28 -- **Lunch Bunch** @ 11:30 am; Nordstrom’s Café
- TBD- **Branch Salad Supper** @ 6:30 pm; 1st Evangelical Lutheran Church; install officers; meet scholarship winners

JUNE

- 2 -- **Adventures in Dining** – Place TBD
- 4 – **Great Decisions** @ 1:00 pm
- 15 -- **Great Decisions** @ 7 pm
- 16 -- **Board Meeting** @ 7 pm; E. Columbia Library
- 25 -- **Lunch Bunch** @ 11:30 am; Nordstrom’s Café
- TBD - **Public Policy Meeting** @ 10:30 am; Bagel Bin, River Hill