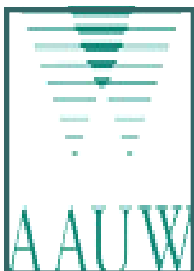


Websites:

www.aauwacnj.org

www.aauwnj.org/

www.aauw.org



THE FORUM

Atlantic County Branch
Volume 112, No. 3

November 2012

Program - Lucy Jerue *ljerue@comcast.net*

STRESS MANAGEMENT TECHNIQUES

The October Branch Meeting and Program will take place on **Monday, Oct. 22** at the Absecon Methodist Church Great Hall. We will have a light supper at 5:30pm followed by a brief meeting and program.

Our guest speaker will be **Naida Burgess** who will help us to "**Stress Management Made Simple**" - Naida, a certified yoga instructor and stress management consultant, will provide us with useful strategies for reducing stress and staying healthy. Naida leads classes at the Absecon Senior Center, Gilda's Club, and Yoga Nine Studio.

Please sign up for this program by emailing Lucy Jerue at ljerue@comcast.net or calling her at 652-0223. We request that you register by Friday, Oct. 12.

Directions: The church is located at 100 Pitney Road in Absecon (at the corner of Pitney Road and West Church Street). There is plenty of parking. If you are coming from the Linwood area, take Shore Road north. Cross the intersection of Route 30 (Black Cat will be on your left) and go north for 2 more blocks. Turn left onto Church Street. The church is one block in on the right.

President's Message *Connie Smedley (conniesmedley@hotmail.com)*

We had a great turnout for our *From Garden to Table* meeting in September. Dan Anderson from Sandi Pointe along with two teachers from Jordan Road School showed us their program to help kids learn how to grow healthy food and prepare it in tasty recipes. What a wonderful and refreshing collaboration.

At our October meeting we will feature Naida Burgess, a certified yoga teacher and stress management consultant who will present a program called "De-Stress, Stretch and Breathe". She will provide us with useful strategies for reducing stress and staying healthy. That is a program we all can enjoy and put to good use. In November we have our once a year AAUW branch scholarship fundraiser. This year's program on November 10, will feature Laura Dulac and her exciting program, *Children Making Change*. It is unbelievable what these children can do!

Please invite your friends to come and enjoy Laura's presentation. All the profits from our November program go to building our scholarship fund for area women. See you all there.

MEMBERSHIP

Gail Vreeland *ggvreeland@comcast.net*; **Barbara Wolnerman** *blw425@aol.com*

CORRECTION: Please make the following corrections in your Membership Roster

LYNNE WALTERS **Email:** rrwalters321@hotmail.com

AUDREY OWEN **Email:** audreowen@comcast.net

Welcome to new member:

MARY RYDZEWSKI, 117 Hemlock Drive, Linwood, NJ 08221

Tel: (609) 653-0623 Email: mrydz@yahoo.com

BA-Rutgers University MAIT-Richard Stockton College of New Jersey

Treasurer's Report

Operations Checking	\$4,296.65
Education Checking	\$5,289.39
Savings (Operations)	\$6,851.01

Cultural Interests Book: Mary Lou Breidenstine *breidensti@aol.com*;

Film: Diana Intenzo *dianzo75@comcast.net*; **Travel:** Carolyn Bassett *geoca@mymailstation.com*

Book Club: The book group will meet on Wednesday, October 24 at 7:00 at Christine Ecker's house. Christine will lead a discussion on "Remarkable Creatures" by Tracey Chevalier. The Wednesday, November 28 meeting at Gail Vreeland's will feature "The Man in the White Sharkskin Suit" by Lucette Lagnado. All are welcome.

Spanish Group: (Aida Colon) Meets on Mondays at Claire Moyer's home from 4:15—6:00 p.m.

Movie/Dinner Group: A group of 31 attended an October 7th matinee of "The 25th Annual Putnam Co. Spelling Bee" at the Eagle Theater in Hammonton. Dinner followed at Bonefish Grill on Fire Road in Cardiff.

Public Policy Audrey Moloney *audreyPZM@aol.com*

Our **voter registration** activity at Atlantic Cape Community College was a great success. We registered **41 students** that day and mailed their forms to the county office. Numerous other students took forms with them to complete and mail later. Our table was a busy one with many students stopping by to chat about the voting process and also to find out about us and AAUW.

Thanks to Carolyn Bassett and Barbara Wolnerman for their support of the project and especially to Carolyn for working with me on campus that day. (See photos, next page.)

Children's Theater Christine Ecker *mcmmecker@msn.com*

An email has gone out to the membership asking for volunteers for the 2012/2013 season of Imagination Station at the Stockton Performing Arts Center.

There are three shows this season: December 7th, April 16th and May 14th.

All shows begin at 10:30 am.

Ushers are asked to arrive between 9:30 and 9:45 a.m. for a quick briefing. If you are able to usher for a show (s), please email (*mcmmecker@msn.com*) or call (926-5411) Christine Ecker.



Public Policy Social Action by the AAUW Members of Atlantic County

ABOVE: Photos from the Registration Table manned by Carolyn Bassett, Audrey Molonly, and Barbara Wolnerman at Cape Atlantic Community College.



American Association of University Women
of Atlantic County

Presents



LAURA DULAC

Founder of



Please join us at our

Scholarship Benefit

Saturday, November 10, 2012

Social Hour: 12 noon Lunch: 1:00 p.m.

Atlantic City Country Club, Shore Road, Northfield

Ticket price \$40.00 Auction and Prizes

Please complete the form below and cut on the line before mailing.

Name: _____

Phone: _____ Number in Party _____

Please seat me with _____

Menu Choice:

Baked Salmon___ Chicken Francaise___ Sliced Tenderloin of Beef___

Make checks payable to: AAUW, Atlantic County Branch

Mail to: Helen Riso, 619 Pitney Road, Absecon, NJ, 08201, by November 3.

Sorry, I cannot attend. Enclosed is my donation. _____

*Your participation will help to support the scholarships we award
to local women attending area colleges.*

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 BOARD	6	7	8	9	10 Fundraiser
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

The purpose of AAUW is to advance 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 full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class.

AAUW Atlantic County Branch
c/o Peri Pantazes
1 Madison Avenue
Northfield NJ 08225

DATED MATERIAL