



THE FORUM

Atlantic County Branch
April 2017
Volume 116, No. 8

Celebrating Our 100th Anniversary

President's Message Linda Harmon linda.harmon@gmail.com

Spring is in the air. The birds are chirping, bulbs are blooming, and the days are getting brighter with more sunshine!

The Woman of Distinction Luncheon honoring Heather Tomasello was a delightful event in March. Thank you to Tula Christopoulos, her committee, and Helen Riso for their dedication and hard work to bring another successful event to our branch. Money raised from this event will go towards our scholarship funds.

Tech Trek Camp Many thanks to the committee of volunteers for completing the interviews for our students in Atlantic County! Lucy Jerue, Gail Davis, Claudine Keenan, and Ann Marchesani are working endless hours to assure another great year ahead for the young ladies of New Jersey! Volunteers still needed! See Gail's message inside.

Time to Vote

At the next branch meeting on **April 22**, we will be voting for our new Board of Directors for 2017 – 2018. Please refer to the slate of nominations inside the Forum. **Your vote is needed!** Please plan to attend the meeting at Northfield Library on Tilton Road starting at **10:00am** for a **continental breakfast social followed by our meeting**. Many thanks to those who have stepped up to volunteer their time to ensure our branch's success!

AAUW NJ State Convention

Our convention on **April 30th** and **May 1st** is just around the corner. It is not too late to register. See information presented within! **I need your help.** Each branch must assemble a basket for the convention to be raffled. Our theme is "At the Shore." If you have anything to contribute to the basket, please let me know: linda.harmon@gmail.com or 204-8596. Items/gift cards can be brought to our April 22nd meeting.

"What you do makes a difference, and you have to decide what kind of difference you want to make." - Jane Goodall

April Program – Writing and Being Published!

Linda Harmon linda.harmon@gmail.com

Where: **Northfield Public Library**

241 W Mill Rd, Northfield, NJ

When: **Saturday April 22, 2017**

Time: **10:00 am - Continental Breakfast/Social**
followed by a business meeting

Our speaker for the April meeting is our own Lucy Jerue, author of The Purple Martin. Lucy will give us an overview of her journey writing the book. Bonnie Cavalier, one of our members, is the primary illustrator, having done the cover art and many of the illustrations.

Save the Date: **May 15 at 5:00 pm** Installation Dinner at Mays Landing CC

Women Artists: The intersection of their life and their art Debbie Davies deb.davies@comcast.net

Our speaker, Kate Nearpass Ogden is a professor of art history at Stockton University, where she has taught American art, modern art, and the history of photography since 1991. Her book Yosemite - a cultural history of a spectacular scenic location - was published in the fall of 2015.

"Women Artists" will focus on selected women artists of the last two centuries and the challenges they faced in establishing artistic careers. This illustrated lecture will include Georgia O'Keeffe (who appears in Ogden's book) and will include several contemporary artists who deal with gender issues in their work.

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AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

Atlantic County Branch

Dinner Meeting and Installation of Officers

Mays Landing Country Club

Monday, May 15

Socialize 5:00pm Dinner 6:00pm

\$ 35.00 pp

Featuring

Professor Kate Nearpass Ogden

Women Artists: The Intersection of Their Life and Their Art

Menu Choices

Roast Turkey Breast with Raisin Challah Stuffing

Horseradish Encrusted Tilapia

Pasta Primavera with Fresh Garden Vegetables

Registration for Installation Dinner - May 15 Dinner Meeting

Name _____ Phone # _____

Entrée Choice _____

Please indicate your seating preference _____

**Please mail Reservation Form and your check payable to "AAUW, Atlantic County"
to Helen Riso, 619 Pitney Rd. Absecon, NJ 08201 (641-7085)**

Registration deadline is May 5

Tech Trek

Gail Davis - Lucy Jerue
ghdath@comcast.net

All deadlines have passed- We have experienced some 'learning curve' issues with the electronic submissions that will be addressed for future years. Our volunteers in 19 of 21 NJ counties are in the process of scheduling and interviewing candidates. We had 145 teacher nominations and 115 students followed through with their applications. We expect prioritized listings from each county's chair by April 9. Notices to accepted and wait listed girls should go out April 18. Our 'Meet and Greet' for those accepted will be at Stockton Saturday, May 13, 1:00-4:00pm. We could use some volunteers so contact me if you are available please.

FOR THE FUTURE- we have JUST learned that- despite professing STEM to be one of the most important prongs of AAUW PLATFORMS- there will be **NO FUNDING FOR ANY OF THE 21 camps nationwide for 2018**. So corporate chapter and individual contributions will become more important than ever. We have MUCH to discuss about proceeding beyond this year. I am certain this will be discussed at our State meeting April 30-May 1.

I wish to give a great **THANK YOU** shout out to Lucy Jerue and Peg Fiore for doing mail merges and also interviewing !! Also to Ann Marchesani for fielding NUMEROUS phone calls from teachers and parents, And to our tireless volunteers who conducted interviews.

Teentech on May 23

Teentech, a one-day STEM program for girls in 9th-11th grades, will be held at Stockton University on May 23. We are already full subscribed with 250 girls. We have 11 AAUW volunteers signed up to lead the girls to their workshops and we need at least 10 more volunteers. If you can volunteer, or if you have questions, please contact Dottie Pearson at pearson@princeton.edu or 609-898-4585. You will be able to attend 2 workshops in your general area of interest as well as enjoy lunch together. This is an inspiring day and we need your participation!

Membership

Lynne Walters - rrwalters321@hotmail.com

Please welcome and add our new member to your membership list.

Lori Vermeulen

547 Newbury Court, Galloway, NJ 08205
W - 609-652-4515; cell - 610-755-1419
Lori.Vermeulen@stockton.edu
BS University of Scranton; MA, Ph.D Princeton University

Ready Set Read! Program AAUW-Women's Leadership Initiative Partnership Joan Leavy sk8s2@comcast.net 823-3442

Update for our members on this wonderful collaboration with the United Way Success by 6 reading program: Our two groups have read to 46 classes in Atlantic county and 1 in Cumberland county. 23 schools are participating in this program but we have not read to 5. I would love to hear from you volunteering to reach our goal of reading to each school in the program.

Open Schools for late April or May readings:

Barbarito & Beyers Preschool in Mays Landing
weekdays at 10

Dynamic Learning Center Hammonton, weekdays at
9:30 or 2.

Free to be Childcare Center (Stockton) Friday at 9

Little Flyers Academy, FAA tech, Wednesday at 10

Providence Pediatric Medical Daycare, Wednesday at 10

Thank you to everyone from the children you have read to!

Boscov's Shopping Passes Update by Lucy Jerue and Gail Zona

ljerue@comcast.net

This year we are creating a committee to help promote Boscov's Friends Helping Friends. The shopping passes will be available over the summer and we will speak with you more about this at our September meeting.

This is an excellent fundraiser for our organization because we keep 100% of the proceeds for each shopping pass sold. What better way to add to our scholarship fund than to capitalize on this initiative? And everyone who purchases a shopping pass saves 25 percent storewide. The date for the event this year is October 17, 2017.

Our committee for 2017 Friends Helping Friends is Gail Zona, Lucy Jerue, Connie Smedley and Audrey Owen. We are considering selling the shopping passes at Boscov's a week or two before the event this year. If you are able to spare two hours in early October to be part of the effort to sell the passes at Boscov's, please get in touch with Lucy Jerue at ljerue@comcast.net

AAUW Atlantic County Branch Nominations for the Board of Directors**2017 - 2018****Officers:**

President: Linda Harmon
VP Program Chair: *Karen Poorman*
VP Membership: Lynne Walters
Treasurer: Beverly Schechtman
Recording Secretary: *Diane Koob*
Corresponding Secretary: *Debra Walker*
Fundraiser and 100th Anniversary: *Jackie Shelley-Tasoff*
STEM: Gail Davis

Elected Chairs:

Digital Editor: Mary Rydzewski
Public Information: *Shelley Cohen*
STAR Liaison: *Debra Witcher*
Public Policy: Michelle Douglass
Historian: Carolyn Bassett
Special Events Coordinator: Helen Riso

The nominating committee is very pleased that so many women currently filling positions were willing to continue at least one more year in the same capacity and are grateful for our members who are willing to take on new positions.

Respectfully submitted: Carolyn Bassett and Connie Smedley

Committee Chairs/Interest Groups

Hospitality: Aida Colon
Theresa Sartorio
Roster: Stella Hordes
Nominating Committee: TBD
Woman of Distinction: *Audrey Owen*
Scholarships: Karen Poorman
Gail Davis
WLI's Reading Program: TBD
Children's Theater: Vicki Biron
International Studies: Lynne Walters

Interest Groups:

Book Club: Mary Lou Breidenstine
Travel Group: Carolyn Bassett
Film Group: *Ruth Traa*
Spanish Group: Claire Moyer
Ethnic Cuisines: Phyllis Trackman

Interest Groups

Book Group

Mary Lou Breidenstine breidensti@aol.com

The Book Club will meet on **April 26** at the home of Claire Moyer. Kit Lok will lead the discussion of Collect-ed Stories by Don Margulies. This is a fascinating play about a young woman and her mentor, a famous writer living in New York City. All are welcome. We begin promptly at seven.

Programs: Karen Poorman

kmpoorman@aol.com

Thank you to all of you who replied to the survey with suggestions for programs for next year and to those who volunteered to help. A committee will be formed in the next few weeks. If you have not answered and would like to, respond on this link bit.ly/AAUWprogram

MOVIE:THE LAST WORD WITH SHIRLEY MACLAINE
WED, MARCH 29, 2017 3:50 PM - 108 MINUTES +PREVIEWS
DINNER:TILTON INN, TILTON ROAD, NORTHFIELD
 \$5.00 HAMBURGERS Requested by several members.

GUESTS ALWAYS WELCOMED to join the MOVIE GROUP.

If you plan to attend, please respond to Ruth Traa (609-214-2470 or ruthtraa@earthlink.net). If you are not receiving my emails and want to be on my list, please contact me. Times are subject to change. We will verify on the Friday prior to date and will advise if there is a change. We need a head count for dinner reservations. RSVP if you plan to join the group for dinner.

Travel Group

Carolyn Bassett geoca41@gmail.com

THE TRAVEL GROUP WILL NOT MEET IN APRIL.

Save **May 31**, (Wednesday) for a program on Cuba given by Terry Dailey and hosted by Susan Lothian. More information will be in next month's Forum.

STOCKTON'S CHILDREN'S THEATER

Vicki Biron vickibiron@comcast.net

I need volunteers for the children's program at Stockton on Tuesday, **May 9, 2017**, at 10:30am. It's the "Bay-Atlantic Symphony Education Concert." Volunteers are asked to be there no later than 9:45 am. The concert is in the Performing Arts Center, parking Lot 6 . If you'd like to volunteer, please e-mail me at vickibiron@comcast.net, or give me call at 609-703-3788. If you have already volunteered, thank you!

About 2 weeks prior to the show, I will have a Stockton parking pass e-mailed to you by Anjanette at Stockton.

Conversational Spanish

Claire Moyer clairekm@mac.com

Do you want to be part of an informal group that converses in Spanish with abilities ranging from beginner-plus to native speaker? If so, please join the Spanish Group that meets every Monday throughout the year from 4:15 until 6:00 at the home of Claire Moyer. Please call her at 609-641-8287.

ETHNIC LUNCH

FRIDAY, MAY 12

12:30

JOE'S MEDITERRANEAN GRILL

131 JORDEN ROAD, SOMERS POINT

OFF LAUREL DRIVE (Turn right at gas station on corner)

Please e-mail Phyllis lptrackman@comcast.net

STAR

Carolyn Bassett geoca41@gmail.com

Monday, March 27, STAR will meet to attend the program THE BURDEN OF BLOOD, HOLOCAUST, RACE, AND TRAUMA at 6pm at Stockton U. Campus Center Theater. It is a Paul Lyons Memorial Lecture presented by David Treuer. David Treuer is an Ojibwa Indian from the Leech Lake Reservation in northern Minnesota, the son of Robert Treuer, an Austrian Jew and Holocaust survivor, and Margaret Selye Treuer, a tribal court judge. He is the recipient of the Pushcart Prize, the 1996 Minnesota Book Award and fellowships from NEH, Bush Foundation, and the Guggenheim Foundation. The program is free and open to the public.

AAUW NJ State Convention

Linda Harmon linda.harmon@gmail.com

Our Atlantic County Branch is celebrating our 100th Anniversary this year. We will have a table display at the convention with cake and balloons to celebrate. **Please, let's all try and make this event this year... it's in our backyard and I would love to see all of you there!**

It is time to register for the **Annual State Convention April 30 – May1** at Resorts Casino in Atlantic City. Your **\$25 registration fee** includes Sunday evening appetizers and Monday morning breakfast provided by the AAUW of NJ. Speakers include:

Yasemin Bessen-Cassino: Associate Professor of Sociology at Montclair University and author of “Consuming Work – Youth Labor in America” - “Gender Inequality at Work and at Home: Division of Labor at Home”

Dr. Mary Gatta: Associate Professor of Sociology at City University of New York - “Women, Security and Aging”

Abigail Lewis: AAUW VP Campus Leadership Programs. – “AAUW Updates”

Candace Straight: Executive producer of “Equity”, a film about a corporate woman in the male dominated investment banking industry. See Bio - Award ceremony for the “AAUW NJ Woman as Agent of Change” Award

In addition, there are workshops on both days that should be insightful and enjoyable.

You must register online. HERE IS HOW: go to

<http://aauw-nj.aauw.net/>

Scroll down until you see the information about the State Convention April 30-May 1

Click “Register Now” and follow the commands.

It will ask you to pay through PayPal. **You do not need a pay pal account. When you open it, it will give you the option to pay by credit card.**

Hotel rooms are available at Resorts Casino. Rates are \$95 for the night of April 30th. Call to make your reservation **888-797-7700** and give the **Group Code: VAAW7.**

OBESITY, PUBLIC POLICY AND WHOLE BODY VIBRATION. WAIT, WHAT?

By: Michelle J. Douglass, Esq.

Obesity is certainly a public health problem—but has it also become a public policy problem that demands the attention of policymakers? Some argue that public health problems by definition are public policy problems because they affect the welfare of the entire population.

If you’re overweight and find it challenging to exercise regularly, now there’s good news: A less strenuous form of exercise known as whole-body vibration (WBV) can mimic the muscle and bone health benefits of regular exercise. Lack of exercise is contributing to the obesity and diabetes epidemics, per the researchers. These disorders can also increase the risk of bone fractures. Physical activity can help to decrease this risk and reduce the negative metabolic effects of these conditions.

But the alternative, WBV, can be experienced while sitting, standing, or even lying down on a machine with a vibrating platform. When the machine vibrates, it transmits energy to your body, and your muscles contract and relax multiple times during each second.

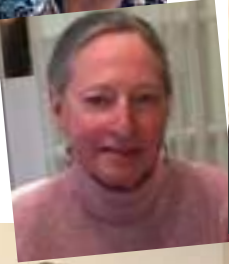
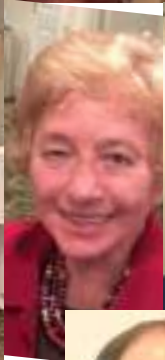
The VibePlate is a WBV used by some senior citizens to improve range of motion, muscle strength and coordination. VibePlate’s Whole Body Vibration exercise machine is great for seniors who have trouble performing aerobic exercises due to age-related conditions. Interested in learning more, or find out how to purchase the VibePlate? Check out: vibeplate.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	March 27 STAR 6pm		March 29 Movie Group 3:50pm			1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Branch Meeting 10:30am
23	24	25	26 Book Club 7pm	27	28	29/ Sun 30 NJ-AAUW

Calendar 2017			
DATE	EVENT	TIME	LOCATION
Apr 30, 2017	NJ-AAUW Meetings	3– 5pm	Resorts Casino
May 1, 2017	NJ-AAUW Meetings	9am- 12pm	Resorts Casino
May 04, 2017	Board Meeting	5:30pm	Shore Diner
May 15, 2017	Installation Dinner	5:30pm	TBA

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.





Audrey Moloney, presenter of The Round House at the Book Group.



Travel Group:
Tula Christophoulos and Audrey Owen



Karen Weis, Travel group presenter.



Ethnic Lunch Group



Book Group



From Our Archives - April 2002

Media Madness: Book Group's Annual Drama Presentation

