

West Side Stories

Western Sussex (DE) Affiliate



empowering women since 1881

Essential oils have been around for thousands of years, and our ladies learned about their history with a presentation from AAUW member Mikki Madden. Mikki is an Executive and Independent distributor for Young Living, a Utah based essential oils company.

The amount of chemicals in our everyday products, especially products targeting women's health and beauty, is staggering. It's estimated that the average woman puts on and/or is exposed to over 200 chemicals, all before 9:00 in the morning. From the beauty and health products she uses to the cleaners and clothing solvents in her clothes, our bodies are constantly waging a war against chemicals that we cannot metabolize.

Essential oils have been around for thousands of years, and can be found in ancient writings of the Egyptians and other cultures of that era. They are mentioned hundreds of times in the Christian bible, and continue to be an integral part of Asian medical methodologies and Ayurvedic practices.

It's important to use only 100% pure, therapeutic essential oils. Purchasing oils from Amazon, Wal*Mart, and retailers is not a safe or healthy way to proceed. The FDA cannot "police" essential oil production because they are made from natural substances, so there are MANY manufacturers out there that have products claiming to be pure but are not. Do your research and attend classes where knowledgeable trainers with scientific backed information can help you find which ones will work best to support your health goals.



2018

Meeting Dates

Jan 24

March 28

May 23

6:00 pm

January

Program

Cara Konlian

**Aquacare Physical
Therapy**





SUNSHINE NOTES

For publication in our next newsletter, please send any articles, news items, and Sunshine Notes to Mikki Madden (@mikki.madden@wsd.k12.de.us)

Jean Gandek is moving to the Manor House! Her new address will be 1001 Middleford Road, Apt 617.

Gerry Mitchell's son Greg is steadily improving. She is continuing to provide care and support to her son and daughter-in-law.

Nancy Cook Marsh has been ill and in Health South rehab. She regrets that she can no longer do the menus for our meetings. Please keep her in your thoughts for a speedy recovery.



Winter Safety



It's important during the winter months to be prepared for all the different curve balls our weather can send us. Here are a few tips to keep you safe, healthy, and sane!

1. Medicines—If you take medicine, make sure that you have an adequate supply in the event of a snowstorm. If you will be out, by the time the storm hits, contact your doctor with your concerns and a request for an early refill.
2. Car—Many folks do not have adequate provisions in the event of being stuck in a snow storm. While driving in those conditions is not recommended, we sometimes get stuck and must venture out. Make sure that your cell phone is fully charged. Have a small foldable shovel for digging out as well as a flashlight with fresh batteries. Have an ice scraper for cleaning off your windows as well. Keep an extra blanket, bottled water, and a few protein bars handy as well. (These are great if you need a quick snack too!) An AAA membership never hurts!
3. Home—If it's bitterly cold, run your faucets with at a slight drip. This will keep the pipes from freezing. You can use a bowl to catch this water as well to use for cooking, drinking, or watering indoor plants. If your electric goes out, make sure that you keep the refrigerator door closed, only opening it for necessities. This will keep the contents colder longer. Again, have a supply of dry foods to eat: protein bars, nuts, nut butters, crackers, and such. While you won't have to make these a formal diet, they are good to keep your body revving up your metabolism—which keeps you warm.

4. Outside—Do not venture outside in the snow unless you have to. As the snow accumulates, we tend to want to keep "ahead" of the fall and shovel periodically. This is fine if the snow is dry. However, if it is wet, the accumulation becomes heavy and can tax your cardiovascular system. On average, there are over 11,000 snow related injuries occur each year ranging from soft tissue tears to death.

Rule of Thumb—Being prepared and being safe are the best ways to enjoy a beautiful snowfall and winter season.



Cultural Awareness Night; A Great Success!

American Association of University Women Western Sussex Branch~

Mrs. Rajani Purandare, member of the AAUW, hosted a “Cultural Awareness Night” at her home in Seaford. Invited to speak to the members and guests were two AFS students who are living with host families in Seaford.

Miss Priscila Santi from General Belgrano, Argentina, near Buenos Aires and Mr. Raphael Voigt from Germany are exchange students with the American Field Service student exchange program. Priscila is living with Drs. Michael and Stephanie Smith and family, and attends North Carolina High School. Raphael is living with Mr. and Mrs. George Pearson and family and attends Seaford High School.

The students presented information about their culture, the differences in living in America and their home countries, and prepared traditional food for everyone to try. Both students wore clothing from their culture and shared their country’s flag.

The AFS program has been active since WWI, and the Seaford community has been “home” to many exchange students throughout the years.



Pictured from left to right are
Mr. Raphael Voigt, Germany,
Mrs. Rajani Purandare and
Miss Priscila Santi, Argentina.



Article submitted by Mrs. Amy Pearson.

Raphael is wearing traditional German lederhosen. Rajani is wearing a traditional Indian outfit known as Salwar Khamis. Priscila is wearing a dressy costume from Argentina.

TREASURER’S REPORT JAN 2018

Operating Expenses Acct:

Beg. Bal. = \$1751.73

Income = \$224.00

Nov. Dinner = \$224.00

Dues = \$0

Expenses = \$520.15

Manor House = \$220.15

Raffle Gift Card = \$100.00

AAUW Action Fund = \$200

**Ending Balance =
\$1455.58**

Scholarship Account:

Beg. Bal = \$5109.43

Income = \$.85 (interest)

Expenses = \$600.00 (S. Snigier)

**Ending Balance =
\$4510.28**

Respectfully Submitted:

Ellen Wright

Treasurer





President's Message

January 2018

Happy New Year everyone! I hope you are all enjoying our current heatwave! Our first meeting of 2018 will be on January 24th at 6 PM. My neighbor at work, Cara Konlian, MSPT will be our speaker. Cara is a very interesting person, a very good physical therapist and an excellent entrepreneur. She and her partners have just opened their tenth physical therapy site in our area. Don't let their name fool you. While some sites have pools, they offer a wide range of physical therapy modalities. Cara will be speaking about therapies targeted to female patients including pelvic prolapse, incontinence and osteoporosis. Come out to hear for yourself.

Also at the January program, we will draw the winner of our scholarship raffle for \$100 gift certificate to Bon Appetite Restaurant. Please be sure to turn in your tickets prior to the meeting or bring them to the meeting. Personal donations for students in transition will also be collected. This time of year, coats, hats, gloves and other warm clothing is always appreciated.

Further into the newsletter you will see the flyer for the AAUW Delaware biennial convention. The convention is being hosted by Middletown Branch this year. They have chosen St. Andrews as the venue and have organized an excellent program. I hope some of you will plan to attend.

Pat Davidson is gearing up to start our geranium sale. We always do so well with this, selling over 2,000 geraniums each year. Let's see if we can break our own record and raise \$2,500 for scholarships this year. Lisa Tobin has chaired a committee to update our high school scholarship application and selection process. Applications went out to area high schools this week. If you would like to help with either the geranium sale or scholarship committee let these ladies know.

Lastly, it is time to think about our branch leadership. While everyone graciously agrees to stay in their current positions to keep the branch functioning, it is time for others to step in and take on a leadership role. We are looking for assistance with programs, membership, and as branch president. Please consider helping this year.

See you on January 24th.

Joyce

OUR 2017 IMPACT!



17,000

people learned to
negotiate their salary through
AAUW workshops.



\$3.7 MILLION

was awarded to women
and community projects.



270,000

messages were sent to
lawmakers by AAUW members
and supporters.

HELP AAUW DO EVEN MORE IN 2018 →

49th Annual “Dollars for Scholars” Book Sale

The area’s largest sale of gently used books has been scheduled by the Wilmington branch of the American Association of University Women. The 49th annual Dollars for Scholars Used Book Sale, to benefit college scholarships for Delaware women, runs Friday-Sunday, Feb. 23-25, 2018, at Concord Mall, 4737 Concord Pike, Brandywine Hundred, DE 19803.

Special features this year include 1,500+ CDs and 1,000+ DVDs.

Most items are \$1 to \$5, with collectibles up to \$100. Items are sorted into more than 50 categories on tables throughout the mall. The sale also includes audio books, DVDs, CDs, sheet music, puzzles, and ephemera. The sale runs 10 a.m. to 9 p.m. daily, 11 a.m. to 5 p.m. Sunday, Feb. 25. Bad weather may curtail sale hours. All day Saturday, Feb. 24, children’s books are half price. Starting at 6 p.m. Saturday, Feb. 24, most items are half price. On Sunday, Feb. 25, people can buy a bag for \$10 and fill it (certain categories excluded).

For more information, visit <http://wilmington-de.aauw.net/booksale>, call 302-428-0939 or e-mail aauwwilm@gmail.com.



The website has details about the scholarships that the sale funds and on how to make donations for future sales.

Western Sussex AAUW 2017 Scholarship Fundraiser

For our fall fundraiser we will once again be raffling off one **\$100 gift certificate to Bon Appétit Restaurant** on High Street in Seaford. The proceeds from this raffle will benefit our Scholarship Fund.

Please return the tickets and money before the drawing on January 24th. You can also bring the tickets and money with you to our meeting on January 24th.



2018 Biennial Convention

AAUW DELAWARE BIENNIAL CONVENTION

Join the Risk Takers: Delaware Women in STEM Changing the Climate for Women and Girls

Women in Delaware are changing the climate for women and girls through STEM. Join us to hear their stories, challenges and solutions from these notable women in STEM:



Dr. Jenni Buckley, Associate Professor at University of Delaware and co-founder of the Perry Initiative, a nonprofit dedicated to inspiring young women to be leaders in the fields of orthopedic surgery and engineering.



Dr. Meredith Warner, orthopedic surgeon, a two-tour Major in the Air Force and inventor of the Healing Sole, a flip flop for people with plantar fasciitis.



Dr. Stephanie Wright, founder of the Delaware Aerospace Academy and Educational Foundation which helps children learn about science, earth's environment and math.

**Plus, AAUW Fellowship Winners Xinhui Jiang and Rachel Riley
AND a presentation by Christi Gilleen & Dr. Judith Britz.**

Poster Sessions from UD, DSU and WU students.

WHY IS STEM IMPORTANT FOR WOMEN & GIRLS?

Stereotypes can lower girls' aspirations for science and engineering careers.

Women in science, technology, engineering, and math (STEM) fields face significant implicit bias on the basis of their gender.

The number of women in science and engineering classes and workplaces is growing, yet men continue to outnumber women.

When teachers and parents tell girls that their intelligence can expand with practice, girls do better on math tests.

**AAUW DELAWARE
BIENNIAL
CONVENTION
MARCH 10, 2018
9 AM TO 3 PM
\$35 includes lunch
\$15 college students**

**ST. ANDREW'S SCHOOL,
350 NOXONTOWN RD.
MIDDLETOWN, DELAWARE
REGISTRATION COMING
SOON
[HTTPS://AAUW-DE.AAUW.NET](https://AAUW-DE.AAUW.NET)**



This time of year, many people experience increased depression. In addition, addiction is higher as people are often homeless, cold, and lonely and want to "escape". Please, as you are shopping or cleaning out your stuff, consider donations to the ACE center. Clothing, toiletries, and especially coffee and sugar are welcomed donations. Warm blankets and clothing, including coats, gloves, and hats are always in need.

Kathy Jacobs, the AAUW State Funds chairperson sent our branch a thank you for our dona-

Anne Nesbitt sent us a lovely Christmas card and really appreciates getting out newsletter to stay in touch.



IT'S TIME TO THINK OF SPRING!

Although the weather outside is quite frightful, spring will be here before we know it. That's means our Annual Geranium Sale! The pickup sale date will be April 28th, so mark your calendars. We need to make sure we ask everyone we know. New customers mean continued financial support!



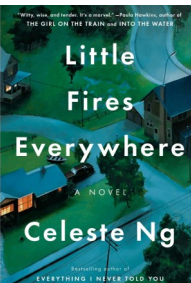
STATE AAUW INFORMATION:

The Delaware AAUW website has a variety of information that is helpful to membership.

You can access the website at:
<http://aauw-de.aauw.net/>

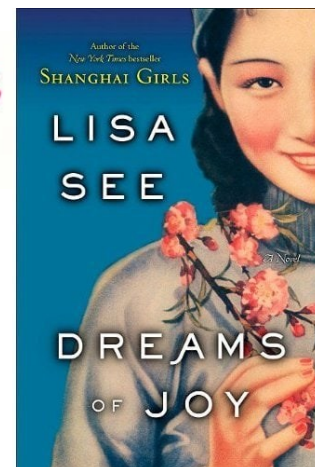
Wednesday, January 31st at 6pm; Abbott's in Laurel
Dreams of Joy book discussion.

Next Book: Little Fires Everywhere by Celeste Ng.



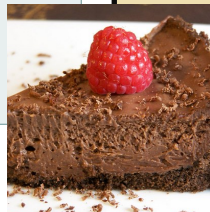
Set in Shaker Heights, Ohio, in the 1990's, it deals with themes of race, class, privilege, and secrecy. Voted by Goodreads book readers as the 2017 fiction Book of the Year.

The book will be discussed on February 28th, again at 6pm at Abbott's in Laurel





AAUW IS A TOP-RAT-



JANUARY MENU:

\$14.00 for your meal

Preset tossed salad

Cinnamon Pork Loin with Applesauce on the side

Broiled Salmon

Mashed Potatoes

Zucchini

Broccoli Florets

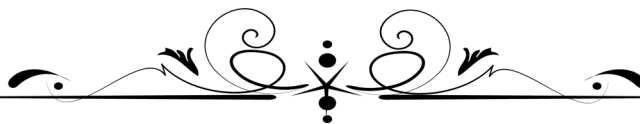
Lemon Meringue Pie

Chocolate Cheesecake

Coffee, Tea, and Water



Please RSVP for dinner (by 1/21) to Shirley Blackwell at 629-8806 or blackwell629@comcast.net. Please let Shirley know if you will be bringing a guest.



Let's Build Membership!

AAUW membership is a great way to share a woman-centric community organization with friends and family. Invite a woman you admire to a meeting to see what we do. Make it casual and welcoming, without pressure to join. Let the camaraderie speak for itself. If you have any questions, please call or see Josie Hunsberger, Membership Chair.

