

West Side Stories

Western Sussex (DE) Affiliate



empowering women since 1881



AquaCare Physical Therapy

Cara Konlian, MSPT/CEO of AquaCare Physical Therapy, was our guest presenter for the January meeting.

While AquaCare offers many different options of physical therapy for all types of needs, Cara spoke with our group specifically about the health of the female pelvic floor.

It's important for women to make sure that our pelvic floors are strong and can support our bladders. Often, through child birth and other factors, the bladder can descend into the vagina. In addition, hernias can also occur in the intestine between the bladder and the vagina.

Pelvic Floor Therapy May Include:

- EMG Biofeedback for muscle reeducation
- Manual therapy including myofascial or trigger point release, visceral or connective tissue manipulation.
- Core stabilization and strengthening.
- Pelvic floor strengthening through Kegel exercise training.
- Instruction in correct body mechanics and instruction in avoiding activities that can increase pelvic prolapse.

AquaCare has 10 locations across the peninsula and in Annapolis. For additional information, please visit their website at:

<https://aquacarephysicaltherapy.com/>

A great big thank you to Cara for visiting and speaking about the important part of our female health.



2018

Meeting Dates

March 28

May 23

6:00 pm

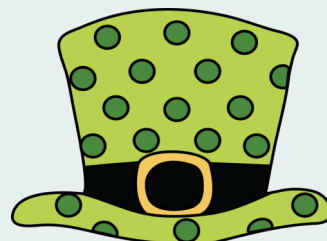
March

Program

Detective Sergeant

Valerie Horn

Seaford Police Dept.





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)

Please keep the following members in your thoughts:

Judy Cullen laid her dear husband to rest. If you are able, please reach out with a card or call to check on Judy. In addition, Judy does not like to drive in the evening so she may not be attending many of our meetings.

Daryl Culver is having mobility issues which keep her from attending our meetings as well. Please continue to reach out to her and keep her in your thoughts for healing.

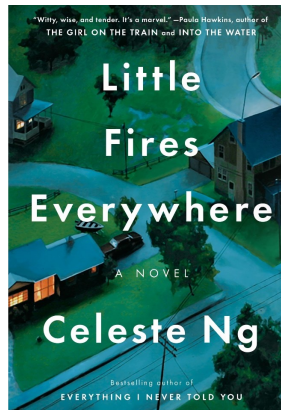
We had a lovely letter from Students in Transition thanking us for our support.



Congratulations to Helen Ann Smith! She was the winner of our Bon Appetit Raffle!

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.



Discussion of this book will be held on April 25th, 7:00 pm, at the home of Barbara Johnson, 28011 Barley Run, Seaford.

Snacks and drinks will be provided. Please consider grabbing a copy (if you don't already have one) and joining the group for a great discussion!

Seaford School Board Candidate Forum

Incumbent David Tull was the only person to file for his open seat on the Seaford School Board. We will not have a forum for this election.

Did you know...

March 14: Pi Day celebrates the annual occurrence of 3/14 with math jokes, pi-reciting competitions, and (of course) freshly baked pie.





The scholarship committee is always looking for help with their task of interviewing and selecting our next qualified candidates. Interviews will start the first week of May this year. If you are interested, or even have a few questions prior to committing, please contact Lisa Tobin.



Did you know...

AAUW's report *Deeper in Debt: Women and Student Loans* estimates that women hold almost two-thirds (\$833 billion) of the country's \$1.3 trillion student debt. This isn't just a student problem – it's a gender inequity problem, and it impacts us all. As a nation, we rely on women to add to and strengthen our economy. That can't happen under mountains of student debt.

Ask your members of Congress to support legislation that would make college more affordable for all students and help millions of borrowers across the country pay off their student debt!

AAUW's research reveals that women take on larger student loans than do men. And because of the gender pay gap, they have less disposable income with which to repay their loans after graduation, requiring more time than men to pay back their student debt. That means that those with the least amount of resources are bearing the brunt of student debt in the United States.

We need diverse solutions that address the challenges students, especially women, face before, during, and after college. Congress must pass legislation that would:

- **Protect Pell grants and ensure that they work for all students**
- **Support income-driven repayment approaches that reflect borrowers' realities**
- **Address additional costs students face beyond tuition, including child care**
- **Fight to eliminate the pay gap**
- **Improve data collection and transparency**

Take action today: send a message to your U.S. Senators and Representative that urges them to enact policies that end the cycle of student debt!

TREASURER'S REPORT MARCH 2018

Operating Expenses Acct:

Beg. Bal. = **\$1455.58**

Income = **\$338.00**

Nov. Dinner = \$228.00

Dues = \$100.00

Expenses = **\$220.15**

Manor House = \$220.15

**Ending Balance =
\$1573.43**

Scholarship Account:

Beg. Bal = \$4510.28

Income = \$0.40(interest)

Raffle = \$635.00

TOTAL = 635.40

Expenses = **\$0.00**

**Ending Balance =
\$5145.68**

Respectfully Submitted:

Ellen Wright

Treasurer





President's Message

March Presidents Report

The daffodils are blooming but the winter continues. Hopefully we will get through our March meeting without a weather-related cancellation; then I think we will be in the clear! The Delaware State Convention is hosted by the Middletown Branch this year and it is being held at St. Andrew's School in Middletown this Saturday, March 10th. I will be attending, and I encourage others to join me. They have several very interesting speakers lined up and we will also be voting on a new slate of state officers.

Pat has distributed the geranium sale information. For the past several years we have sold approximately 2,200 geraniums with a profit of \$1 per plant. Our geraniums are an easy sell. All you need to do is call your friends, neighbors and co-workers and obtain their order. They will pay when they pick-up, so you don't have to worry about collecting money. The one thing we will remind you to do is to get their phone number so that you can call and remind them of the pickup date. A cell phone number is best so that if they forget to come, we can call them the day of the sale with a reminder. This is our primary scholarship fundraiser so let's make it a record-breaking sale.

Barbara has been selecting some very interesting books for our book group. The group meets every other month opposite our general meeting. The dinners and discussions are always lively and lots of fun. It would be great to see more members participate.

Jeannie Gandek let me know that no one has filed for Seaford School Board besides the incumbent, so we will not be needed to organize a candidate forum this year. Our next meeting will be March 28th at 6 pm at the Manor House. As usual there will be a nice dinner and program. Please bring a guest!

Joyce

WILL YOU COMMIT TO FIGHTING BACK FOR STUDENTS' RIGHTS?

Plain and simple: students should be able to go to schools free from sex discrimination.

But U.S. Secretary of Education Betsy DeVos has already taken action to roll back protections for survivors of sexual assault under the law. The Department of Education has stated that it plans to change Title IX's regulations, which could weaken students' civil rights and federal enforcement of Title IX. They've indicated the process could start as early as this month. We're ready to fight back. Are you?

Instances of sexual violence and discrimination interfere with students' ability to learn, and they have no place in our schools. **We must speak out against any attacks on Title IX that attempt to diminish protections for students.**

1. Visit our AAUW website to read up on Secretary DeVos' actions and what they mean for equitable access to education for women and girls.

2. Then, pledge to take part in AAUW's campaign to protect Title IX. We'll provide you with timely reminders, tools, talking points, and resources you need to make your voice heard once the Department of Education kicks off the regulatory process.

Now is our opportunity to let the Department of Education know we won't stand for any rollbacks to students' Title IX rights. Commit to speaking up to protect equity in education during this critical time.

OUR 2017 IMPACT!



17,000

people learned to negotiate their salary through AAUW workshops.



\$3.7 MILLION

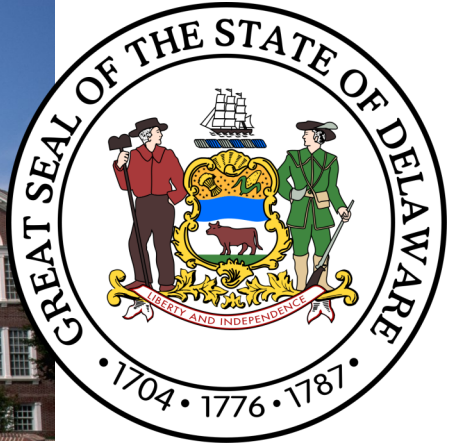
was awarded to women and community projects.



270,000

messages were sent to lawmakers by AAUW members and supporters.

HELP AAUW DO EVEN MORE IN 2018 →



State Legislature Bills

HB3. Family leave –Sponsor Heffernan.

This bill was introduced last session but did not advance. It is reintroduced this session. Summary: The bill requires that all full-time employees of the State, including employees of school districts, continuously in the employ of the state for at least one year, shall be eligible for 12 Weeks of paid leave upon the birth or adoption of a child 6 years of age or younger. Both parents would be eligible for such leave. Employees shall continue to have the right, as they do under current law, to use accrued sick leave for maternity and paternity purposes. This legislation leaves intact the rights of persons adopting a child over 6 years of age to take unpaid leave. Due to lack of adequate paid family leave policies, many parents must return to work sooner than is optimal for the health of mothers (in the case of biological birth) and children. Granting paid leave will contribute to the establishment of parent-child bonds, breastfeeding establishment, and allow infants to receive vaccines and develop stronger immune systems prior to entering daycare. Further, a more generous leave policy will increase the productivity of workers and reduce employee turnover. This Act takes effect January 1, 2019.

HB 283: Equal Rights Amendment. --Sponsor Longhurst.

Summary: This is the first leg of an amendment to the Delaware Constitution to provide equal rights on the basis of sex. There is no Equal Rights Amendment to the United States Constitution. While Congress passed the Amendment in 1972, it was not ratified by the requisite number of states by the 1982 deadline. Delaware, however, was one of the first states to ratify the Amendment. About half of the states across the country have passed Equal Rights Amendments to their state constitutions in order to provide protection against discrimination based on sex. Without an Equal Rights Amendment, women's rights and protections are limited. This Amendment is necessary to correct a constitutional shortcoming, reduce sex-based disparities and to codify our State's value of equality.

AAUW-DE Response:



Any help in the way of contacting legislators and asking for their support with these bills will be appreciated by the sponsors of the bills. If you have an upcoming branch meeting or a newsletter please consider including the bills. Otherwise, you might want to email your members with the information and asking them to support the bill by sending an email to their State representatives. You might also want to write a letter to the editor telling of the importance of the bill and of AAUW's support. I will try to pull together some talking points and get them out to you early next week. The sponsors for HB3 and HB283 are listed below. If your representative is one of the sponsors, you might want to email them to thank for their support. If you don't see your representative listed, please email and ask for their support.

HB3 Sponsor: Heffernan

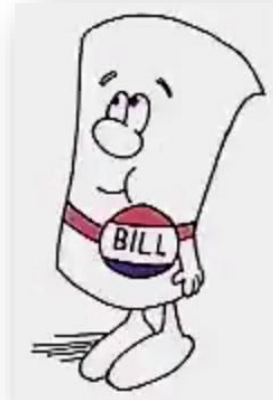
Additional Sponsor(s): **Sen.** McDowell, Henry

Co-Sponsor(s)

Sen. Cloutier, Lopez, Townsend

Reps. Baumbach, Bennett, Bentz, Bolden, Keeley,

Kowalko, Longhurst, Lynn, Paradee, Potter, B. Short, Spiegelman, K. Williams



HB 283 Sponsor: Longhurst

Additional Sponsor(s): **Sen.** Hansen, Henry, McBride, Townsend

Co-Sponsor(s):

Sen. Bushweller, Cloutier, Ennis, Lopez, Marshall, McDowell, Poore, Sokola, Walsh

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)**

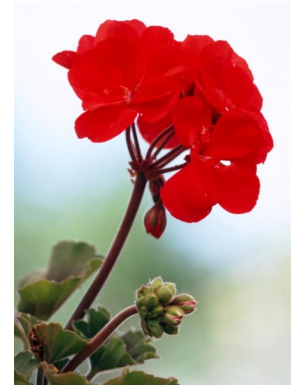


Spring Geranium Sale

It is that fabulous time of year again—the Geranium Sale! The spring geranium sale is the major fundraiser for our Scholarship Fund. Last year we raised over \$2000! Lakeside Greenhouses in Laurel will again be providing us with their beautiful geraniums. Craig is keeping the price the same, so we can stay at \$4.50.

Important Details:

Selling Price:	\$4.50 per plant Checks or cash only
Vendor:	Lakeside Greenhouses in Laurel, DE
Size:	6-inch pots
Colors:	Red, White, Salmon, Pink, or Fuchsia
Deadline:	All orders needed by March 28th
Pick-up Date:	Saturday April 28th
Time:	8:00 a.m. until 11:00 a.m.*
Pick-up Place:	West Seaford Elementary School Parking Lot-across from Hooper's Landing Golf Course



Help!!!

Help is needed for the unloading, selling, and delivering geraniums. If you can provide any help in these areas, let Pat Davidson know 629-4619.



How to “SELL” our Geraniums

It can be uncomfortable asking friends and family to purchase anything we are selling. From troop cookies to raffles, it feels like someone, somewhere is asking for money to support this or that. How do we add ourselves to the mix and increase our sales in order to support our scholarships. Here's a few tips to approach this dilemma:

Make a list. I know this sounds silly, but list those people that you see everyday/ week. For example: Hairdresser, waitress, bank teller, mailperson, etc... These are often overlooked people.

Don't pose a direct question, but instead, rephrase your request. “Mary. Your gardens are always beautiful. My AAUW group sells gorgeous, top-quality geraniums to support our local high school scholarships for deserving young ladies. The color variety is amazing. I just know you will want to take advantage of purchasing and selecting your own plants.”

Don't be afraid of “NO.” In the sales-game, NO is great! In fact, top sellers will tell you that they make a game of getting as many “no's” as possible as a competition with other colleagues. It's really a statistical numbers game. Not EVERYONE will say no, but the MORE people you ask, this higher your No to YES ratio will be. GO FOR THE NOs!



AAUW IS A TOP-RAT-



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/>

JANUARY MENU:

\$14.00 for your meal

Preset tossed salad

Fried Shrimp with Cocktail

Sauce

Baked Ham with Brown Sugar Pineapple Glaze

Green Beans

Sautéed Spinach

Applesauce

Chocolate Mousse

Lemon Layer Cake



Please RSVP for dinner (by 3/23) 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.

