



Branch Banter

NOVEMBER 2016

Managing Your Stress

WHEN: Tuesday, November 8 7:00 p.m.
6:30 p.m. Social Time Business meeting follows program

WHERE: York Alliance Church, 501 Rathton Road, York

PROGRAM: As a former county government training manager in California, Phyllis Sword developed a training program for managers and supervisors that included a stress management component. She will give a brief explanation of physical stress and offer several quick and easy methods to help manage it. Phyllis also presented this program to students in our Co-Mentoring Program at Penn State York, and it proved to be quite popular. More than a year later, some students told us that they not only remembered it, but were still using her methods to manage their time and reduce stress.

Linda Wolfe & Carol Little, Program Co-Vice Presidents

**Inclement Weather? Check your email for a program cancellation
(those not on email will be contacted by phone)**

USED BOOK SALE *6:00 P.M.* USED BOOK SALE *6:00 P.M.* USED BOOK SALE

We will hold our Used Book Sale **starting at 6 p.m.** at the November Branch meeting. Collect books you have read and think other members would enjoy reading and are in good condition. Bring your books to the York Alliance Church on Tuesday, November 8, between 3 and 4 p.m., or call Sue Zitnick for pick up.

HOLIDAY GIFT SALES

To those members who would like to offer their own made items for sale at our December meeting, you are welcome to do so. Please note that the Branch requests at least a 10% donation from your sales. Please contact Lois Conaway so we know who is participating. Bring your Christmas list and your moolah! Thank you.

BANTER DEADLINE

November 20 – earlier because of the Thanksgiving holiday – is the deadline for articles for the December *Banter*.

FROM THE PODIUM

I am sure I don't need to remind you that November 8 is Election Day. Make sure that you vote early and then take a break and enjoy some time with some friends and a stress relieving program. You will be home in time for the election results.

Thanks to our members who volunteered as part of our *Get Out The Vote* project to register voters and signed up 50 voters.

Come early enough to pick up some good books to read at our Used Book Sale.

A big thank you to Laura Garmendia for her service in our Branch while living in York. She served in many capacities including treasurer and president. We wish her well as she moves to a new location.

Lois Conaway, York Branch Co-President

WEATHER CANCELLATIONS

I hate to even mention this since we had two meetings cancelled last year due to weather conditions. If it is necessary to cancel a meeting, we will make a decision as early as possible and send an email message to members. It *will not* be posted on WGAL. If you have a question regarding whether the meeting will be held, call a board member. You may anticipate that if roads are icy, or if a significant snowstorm is predicted, that the Branch meeting will be cancelled. Also anticipate that if events are cancelled for York Suburban School District, we will cancel also since the church is in that area.

Lois Conaway, York Branch Co-president

SAD GOODBYE FROM LAURA GARMENDIA

I will soon be unpacking in our new home. Many of you know that my husband has been out of work since April 15 of this year. The good part about that was he was around to help with my recovery from my second back surgery. He tried to find a job in the area but ultimately, he received a good offer from Eastman Chemicals in Martinsville, VA. We decided to move just over the state line into North Carolina. Everything is happening so quickly.

I will miss everyone so much and will try to come back now and then for different events. AAUW York is a wonderful group with so many interesting women and many ways to socialize. I have been through some tough times since living in PA but you all have become the family and support group I have needed. I will look forward to the *Banter* every month and for those on *Facebook*, it will be easier to keep in touch. If you would like to visit, let me know, even a short time would be great. My cell phone will be the same as in the *Yearbook*. I will send my new address when I have it. Please keep in touch.

Fondly, Laura Garmendia

2016-2017 YEARBOOKS

The majority of Yearbooks were distributed at Branch meetings and interest groups. Additionally, many members delivered Yearbooks to their neighbors and friends. Thanks to all of you, we only had to mail eighteen yearbooks, thus saving postage. Yeah!

It is possible that one or two people did not receive their Yearbooks. Please contact Betty Hooker if you did not receive your 2016-2017 Yearbook with the bright blue cover. It contains updated contact information for all of our members, an officer list, and information on programs and interest groups.

SAVE THE DATE! SPRING MARKET FAIRE! MONDAY, MAY 1, 2017!

Plans for the Spring Market Faire are underway. As I write this, in late October, we are still looking for two or three suitable kitchens. Carol Little and Suzy Hershey are co-chairing the Kitchen Sub-Committee with help from Sue Zitnick and Janet Misiolek. This amazing team has years of experience, and they think of everything. If you have any ideas for kitchens, please contact Carol Little.

PENN STATE YORK-YORK BRANCH AAUW CO-MENTORING PROJECT

On November 30 from 12-1 p.m., we will sponsor an informal mentoring session at PSU. We will meet in the Conference Center and facilitate a discussion on life lessons as outlined in Karl Pillemer's book, *30 Lessons for Life*. We held a similar session last year and it is back by popular demand. We are asking for students and volunteers to bring their own refreshments. We will also be playing Bananagrams. Any AAUW member who did not sign up at the October meeting is asked to contact Kathy DePorter if you are interested in attending. Please arrive at 11:45 so we can be ready to meet and greet.

Kathy DePorter, Chair

CENTRAL DISTRICT MEETING REPORT

On Saturday, October 15, Central District met at Shadowstone Community Center in Palmyra with eleven members present from Carlisle, Harrisburg, Huntingdon, Lebanon, State College, and York Branches. York was represented by Betty Hooker, Sue Zitnick and Carol Heintzelman. A special "Thank You" to the Lebanon Branch for hosting the meeting. The morning program focused on Campus Sexual Assault with a video and interactive activity, led by Nan Bauman, Pennsylvania Coalition Against Rape (PCAR). In the afternoon, Anne Pehle, state Public Policy Co-Chair, updated participants about various activities being undertaken at the state level. The meeting ended with Branches sharing program, public policy, etc., activities with each other. All in all, a rewarding and educational day for one and all.

Carol Heintzelman

BOOK GROUP I

Wednesday, November 16 1:00 p.m. Home of/Regrets: Judy Morreels

Book: *The Wright Brothers* by David McCullough

Book for December 21: *Stoner* by John Williams.

BOOK GROUP II

Monday, November 21 1:00 p.m. Perkins Restaurant Regrets: Gayle Brass

Book: *The Pearl That Broke It's Shell* by Nadia Hashimi Leader: Jo Ann Piotrowski

Book for December: *A Man Called Ove* by Fredrik Backman

EVENING BOOK GROUP

3rd Tuesdays 7:30 p.m. Books A Million Store Café Contact: Sue Zitnick

November 15: *Little Women of Baghlan: The Story of a Nursing School for Girls in Afghanistan, the Peace Corps, and Life Before the Taliban* by Susan Fox. This is a true story about a young woman who volunteers for the Peace Corp and flies into Afghanistan in 1968. Amid changing social mores and unfolding political history in the making, she and her fellow nurses struggle to treat patients and teach Afghan girls to become nurses. A delightful story about the women and a telling story about the Afghans.

Book for December: *The Girl on the Train* by Paula Hawkins.

BRIDGE GROUP

Wednesday November 2	12:30 p.m.	Hostess: Karen Julian
Wednesday December 7	12:30 p.m.	Hostess: Anne McFeely

New Bridge players are welcome to join the group. Social time begins at 12:30 p.m. Bring a sandwich. Game begins at 1:00 p.m. Call Lois Kulp for information.

GAME NIGHT – DECEMBER

Game Night will be Sunday, December 11, at 5:00 p.m. at the home of Carol and Brad Little. Please let Carol know **by December 4** if you are planning to attend and to find out what to bring to the potluck. For more information, contact Carol or Karen Julian.

LUNCH A MONTH – NOVEMBER

The November Lunch-a-Month will be held on November 29 at 1:00 p.m. at the Oak Dining Room at Heritage Hills. This is the new name for the dining room on the main level of the facility, overlooking the golf course. We will choose from the Knickers menu. Please RSVP to Suzy Hershey **by November 22**.

LUNCH A MONTH – DECEMBER

Lunch-a Month will dine at the Roosevelt Tavern on Friday, December 2, at 1:00 p.m. Please contact Anne McFeely **by November 30** if you are able to go and enjoy this festive time of the year.

Thanks for your courtesy - if you cannot attend a lunch as planned, please let the hostess know so she can inform the restaurant.

NEW INTEREST GROUP – MAH JONGG

If anyone would like to join a new Interest Group and play Mah Jongg, please contact Linda Palmer.

Kitchen Tour Support

_____ ANGEL (\$100 & up) 2 tour tickets, 2 recipe packs, 2 door prize tickets, 2 chances in a drawing for a special basket at the May meeting, name on ticket and in *Banter*

_____ PATRON (\$75) 2 tour tickets; 2 recipe packs, 2 door prize tickets, 1 chance for a special basket at the May meeting, name on ticket and in *Banter*

_____ SPONSOR (\$60) 2 tour tickets, 2 recipe packs, 2 door prize slips, name on ticket and in *Banter*

_____ FRIEND (\$35) 1 tour ticket, 1 recipe pack, 1 door prize slip, name in *Banter*

Return to Jean Quickel at the November or December meeting or mail to Jean Quickel by December 31.

Mission Statement

AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.

Vision Promise

By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women have a fair chance.

Diversity Statement

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.