



# Branch

# Banter

APRIL 2018

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## Fitness: It's Not One Size Fits All!

**WHEN:** Tuesday, April 10 7:00 p.m.  
6:30 p.m. Social Time Business meeting follows program

**WHERE:** York Alliance Church, 501 Rathton Road, York

**PROGRAM:** Through science and medicine, we have been able to increase the average lifespan in America, but what about increasing our Health Span? Come learn about ways we can keep life in our years no matter what our age or ability.

Sally Roberts, A.C.E. certified personal fitness trainer, will present a program to put life in your years explain the 'who, how, when, and why' of exercise. She has been in the fitness field for 30+ years and a personal trainer for 21 years. She also instructs classes in yoga, Pilates, Boot Camp, and dance aerobics. You do not have to want to run a 5K or even don a swimsuit to enjoy and benefit from this program!

*Carol Little & Rita Meisenhelder, Program Co-Vice Presidents*

**Fragrance-Free Meetings** Let's make our Branch meetings "fragrance free." Several members have allergies to perfume or strongly scented powders and deodorants. **So please remember, no perfume!**

## LOOKING AHEAD TO THE MAY BANQUET

You won't want to miss a delicious meal at the Outdoor Country Club and a presentation by the *Susquehanna Folk Music Society*. **See the reservation form in this issue.** (The Chef at the ODCC was very good to us and popular on our 2017 kitchen tour, so we decided to give them a try for the banquet.)

Last year, we did not charge enough to cover all the fixed costs and tax and gratuity, having counted on 60 people. *This year's price is based on our having 50 attendees*, so please sign up to come and enjoy, *and we welcome guests, spouses, friends, etc.* This is a chance to celebrate all we have done, as well as hear from our scholarship recipients, whom we like to have as our guests.

*Carol Little & Rita Meisenhelder, Program Co-Vice Presidents*

## **NEEDED – PROGRAM IDEAS FOR 2018-2019 YEAR!**

Do you have an idea for a program that will inspire, educate or entertain? Share your idea with Joan Beekey or Suzy Hershey along with a brief description and a contact number and we will consider it for the 2018-19 Branch meeting programs. Thanks for your input.

### **FROM THE PODIUM**

If you missed the last meeting, you missed a great presentation by/of Alice Roosevelt, who led a fascinating life and had wonderful Washington society insight during the span of many administrations. April's program will rev up our lives after a challenging winter.

Included in this issue are a dues form and the May banquet form. We hope you will all renew your membership, and join us for dinner at the Outdoor Country Club. A reminder: the Board meeting is April 2 at Perkins at noon.

Our slate of officers is still lacking: we need a Co-President to work with Carol Heintzelman. It is a 2-year position and not too difficult. Many of you have served in the past as president, as I have, as well as Carol, who was president in Lancaster before joining the York Branch. Most of the work is done by others – Program, Membership, Finance, Secretary, etc. Running the meetings as well as the Board meetings is the bulk of the responsibility. Please think about volunteering. We have a vibrant Branch – we do not want it to disappear. Thank you for considering.

I look forward to seeing you in April.

*Marion Bowman, York Branch Co-President*

### **BOARD MEETING**

The Board will meet Monday, April 2, at Perkins Restaurant. **RSVP** to Carol or Marion to confirm lunch (12 noon) and/or meeting (12:30) attendance.

### **SLATE OF OFFICERS – VOTE**

We are pleased to present the following slate of officers for 2018-19. Election will be at the April Branch meeting. **Those positions/names with asterisks will be voted on at the meeting.** Others are serving the second year of their terms. Thank you to those members who accepted these nominations.

\*Co-Presidents: \*Carol Heintzelman (for 1 year) & \*VACANCY (for 2 years)

\*Program Co-Vice Presidents: \*Joan Beekey & \*Suzy Hershey

\*Finance Officer: \*Carol Anderson

Membership Co-Vice Presidents: Flo Kachurak & Kay Roddy

Secretary: Betty Hooker

Assistant Finance Officer: Phyllis Sword

*Gayle Brass, Chair, Barbara Keith, & Nancy Smith, Nominating Committee*

## AAUW VOTING ON BYLAWS

“The AAUW National Board of Directors has voted to put three proposals for bylaws amendments before the membership for a vote this spring. The board strongly supports the proposed amendments that we believe will help keep AAUW vital as an organization and enable us to increase our impact in advancing equity for women and girls.

The proposed amendments address creating three-year staggered board terms, opening board service to those outside of the AAUW membership, and eliminating the degree requirement for membership. While rationale and details for each proposed amendment can be found on the AAUW website, the overarching motivation for these changes at this time is to uphold and advance AAUW’s mission and ensure optimal execution at the national board level.

Voting will open on April 25, 2018, and close June 9, 2018, at 9 p.m. ET. We encourage you all to engage in respectful debate that has always been a hallmark of the AAUW community, exercise your vote, and encourage fellow members to do the same.”

Please check out these bylaws proposals and vote your choices.

*Sue Zitnick, York Branch Bylaws Chair*

## HONOR YOUR MOTHER, DAUGHTER, SISTER OR FRIEND WITH A DONATION!

To celebrate Mother’s Day, York Branch is holding a Mother’s Day fundraiser for the York Branch Scholarship Funds. This money will go toward the undergraduate and graduate scholarships, the Young Women’s Leadership Conference, Community Projects, and AAUW Funds. Make your donation in honor of, or in memory of, your mother, daughter, daughter-in-law, sister, friend or some woman special in your life. For a minimum donation of \$25, you will receive a special card to give to your honoree. Also, you and your honoree will be listed in the Banter. We are all busy so this is an easy and meaningful way to raise money for our favorite causes – scholarships and advocating for women and girls. **The donation form is in this Banter. Deadline: April 27.**

Questions? Contact Betty Hooker or Sue Zitnick.

## MEMBERSHIP

**It is time to renew! Please renew by MAY 8 to ensure that your name will be included in next year’s Yearbook. Find the membership dues form in this issue.**

*Flo Kachurak & Kay Roddy, Membership Co-Vice Presidents*

## BANTER DEADLINE

**April 24** is the deadline for articles for the May *Banter*.

## SUNSHINE

If you know of an AAUW member who deserves a card due to illness, death in family, or thinking of you, please notify Linda Rupert.

## BOOK GROUP I

Wednesday, 1:00 p.m. Home of/Regrets: Linda Collison  
Book: *News of the World* by Paulette Jiles

## BOOK GROUP II

Monday, April 16 1:00 p.m. Perkins Restaurant Regrets: Gayle Brass  
Book: *Hillbilly Elegy* by JD Vance Led by Linda Palmer

**Reminder:** We will be providing refreshments at the April Branch meeting!

## EVENING BOOK GROUP

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

April 17: *Code Girls: The Untold Story of the American Women Code Breakers of World War II* by Liza Mundy. We canceled the March Book Group due to snow so the March book was moved to April.

Book for May: *The Radium Girls* by Kate Moore.

## BRIDGE GROUP

Wednesday April 4	12:15 p.m.	Hostess: Anne McFeely
Wednesday May 2	12:15 p.m.	Hostess: To be announced

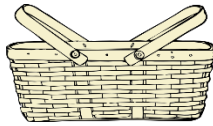
If you like to play Bridge for fun, please join us the first Wednesday of every month. We play Rubber Bridge, and several members are continuing to learn. We enjoy a "Brown Bag" lunch at 12:15 prior to playing at 1:00 .pm. This is a fun social time as well as keeping our brains young.

## FEMMES DU JOUR – APRIL 5

The Femmes will be leaving the Galleria parking lot **NEAR RED ROBIN and BOSCOV'S** at **11:00 a.m.** for their trip to the Dutch Apple Dinner Theatre on Thursday, April 5.

## FEMMES DU JOUR and LUNCH-A-MONTH JUNE 7

The Femmes and Lunch-A-Month Groups will be joining forces on Thursday, June 7, **at noon** for a picnic at Betty Hooker's home. We did this a couple of years ago, and it was a great end-of-the-year event with lots of good talk and delicious food. We will meet rain or shine. Sign-up to bring your favorite picnic specialty at the April and May meetings or you can call Betty. Guests are welcome. She will send directions to my home in late May.



## FEMMES DU JOUR – AUGUST

Interesting docent-led tour of 2 exhibits in the Trout Gallery at Dickinson College:

*Re-Riding History: From the Southern Plains to the Matanzas Bay.* Native and non-native artists show experiences of Plain Indians held at Fort Marion, Carlisle, by Lt. Pratt (founder of the Carlisle Indian School)

*Joyce Tenneson: Flowers, Portraits, Landscapes.* Photos by one of the leading photographers of our generation.

Lunch at the historic Boiling Springs Tavern. Carpooling. Guests welcome. Call Marion Bowman to RSVP.

## GAME NIGHT

Sunday, April 15, at 5:00 p.m. at the home of Toni and Bill Schreiber.

Please contact Toni **by April 8** if you can come and find out what to bring to the potluck.

## LUNCH A MONTH

Please join us for April Lunch-A-Month on Thursday, April 19, 1:00 p.m., at the Blue Heron, 3320 E. Market St. RSVP to Barbara Bott **before April 18.**

## LUNCH A MONTH – MAY

Please join us on Wednesday, May 23, at 1:00 p.m., at Eagles Nest on Mount Rose Avenue. Please sign-up at the March, April or May Branch meetings, or let Donna Fulton know **by May 16**, if you plan to attend.

*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.