



Branch

Banter

DECEMBER 2021

MORE JOY – LESS STRESS: HOW TO THRIVE THROUGH GENTLE, JOYFUL YOGA

PROGRAM: Jen Yost, the owner of “Joyful Wellness,” will present a yoga program via Zoom. Jen is a yoga teacher and wellness coach who focuses on inner and outer wellbeing. Her goal is to help us manage the stress of the holidays with a lovely evening of relaxation and rejuvenation. Jen calls herself chief “Joyful Wellness Spreader.” We are looking forward to her presentation.

On Jen’s website (www.joyfulwellnessnow.com), she says: “There’s no need to be a pretzel or stand on your head! At Joyful Wellness, we offer a signature style of gentle, fun and impactful yoga from the heart to:

- Alleviate stress, anxiety and pain
- Increase peace, flexibility and wellbeing
- Offer soul nourishment and inspiration for living an engaged, joyful life.”

Jen has teaching certification from Kripalu Center for Yoga and Health and has been training yoga teachers since 2003. She is a Reiki Master Teacher. Additionally, Jen has a master’s degree in Education and coaching certifications. She worked in nonprofits and education and has been a yoga teacher for almost 20 years. She is also the author of *Bring on the Joy! How to Unleash the Power of Joy in Your Life*, available in e-book form on her website.

Margaret Kremer & Amber Seidel, Program Co-Vice Presidents, with Betty Hooker & Barbara Woodmansee

DIVERSITY, EQUITY, INCLUSION, AND BELONGING AD HOC COMMITTEE

The Diversity, Equity, Inclusion, and Belonging Ad Hoc Committee held its first meeting on November 5. The committee is compiling a list of resources that will be shared soon. New members are welcome to join the committee. If interested, please contact Rita Meisenhelder or Barbara Woodmansee.

Rita Meisenhelder & Barbara Woodmansee, DEIB Ad Hoc Co-Chairs

AAUW FUND

Thanks to everyone who purchased a Boscov's Friends Helping Friends shopping pass. A total of \$150 was collected. The money will help support a NCCWSL (National Conference for College Women Student Leaders) scholarship.

Jane Long, AAUW Fund Chair

FROM THE PODIUM

December is a festive month, full of fun, friendship, and food. We hope that you will join us on Zoom on December 14.

Unfortunately, we needed to postpone our opportunity to meet our Dual Enrollment Scholars due to the continued presence of COVID-19. Our Program committee has developed a program that we are sure you will enjoy.

We were all disappointed when AAUW National revised their Gathering Guidelines to “strongly encourage that states and branches hold events virtually.” Our Board is closely monitoring the ramifications of meeting in person and hope to return to the church in the spring. In the meantime, Zoom enables us to gather and communicate with each other in the comfort of our own homes.

We do have something to look forward to! AAUW National is concluding the celebration of their 140th anniversary. Next year (2022) is our turn. York Branch of AAUW will be celebrating its 50th anniversary. The Board welcomes information about our early days as well as ideas for celebrating.

In the meantime, have a joyous holiday season!

Nancy Buckley & Rita Meisenhelder, Co-Presidents

BOARD MEETING

The December 7 Board meeting will be conducted virtually using Zoom. Nancy will email the agenda a few days before and then lead the meeting, beginning at 10:00 a.m.

PUBLIC POLICY

AAUW PA passed a resolution in support of Pennsylvania’s school funding lawsuit and sent copies to Governor Wolf, PA Secretary of Education Noe Ortega, Senate Majority Leader Jake Corman, House Majority Leader Brian Cutler and John Fetterman, President Pennsylvania Senate. As a courtesy, the email was also copied to Joanna McClinton, Floor Leader of the Pennsylvania Senate, and Jay Costa, Minority Leader Pennsylvania House of Representatives. The trial began Friday, November 12, in Harrisburg. Below are three organizations AAUW PA relies on for strategic guidance, information, and tactics regarding issues in Pennsylvania public schools. You can find up to date information on what is happening with school funding and the lawsuit at any of these websites. AAUW PA has worked with Susan Spicka of *Education Voters PA* for many years and she was a recipient of the Gateway to Equity Award. We are also an endorsing organization for *PA Schools Work*. The organizations are: (1) *Education Voters PA* – is our resource as Susan Spicka is watching many issues. This is where to go for research on the racehorse industry and public school funding as well as charter reform.

<https://edvoterspa.org/> (2) *PA Schools Work* – a resource about public school budgets and school choice – their webinars are outstanding. <https://paschoolswork.org> (3) *Fund Our Schools PA* – is the place to go for background and up-to-date information on fair funding. <https://www.fundourschoolspa.org/>

Carol Heintzelman, Public Policy Chair

BANTER DEADLINE

December 23 is the deadline for articles for the January *Banter*.

BRANCH AWARDS

York Branch is given the opportunity to present three awards annually through the sponsorship of our state organization, AAUW-PA. The honorees are recognized by AAUW-PA, and members receive a certificate recognizing their accomplishments.

- The **Gateway to Equity Award** is given to individuals or organizations that have shown by action and philosophy that they advance equity for women and girls through advocacy, education, philanthropy, or research. This award is selected by the Branch Board members.
- The **Member Making a Difference Award** is given to a member who has made a big difference in something important to the branch within the last year. This person need not be an officer or a committee chair.
- **Outstanding Woman Award**
 - She has provided meritorious service to the branch and the community over multiple years.
 - She may not be the current president.
 - The state allows two nominees.

Check our *Yearbook* for past honorees. Please submit your nominations **in writing by January 15**, and give examples of the person's accomplishments. You may send an email or a note via mail to Lois Conaway. Thank you for your suggestions. A committee of past recipients will select the 2022 honorees.

Lois Conaway, Awards Chair

HIGHER EDUCATION SCHOLARSHIP COMMITTEE (HESC)

The Higher Education Scholarship Committee has chosen the following high schools for participation in the 2022 Dual Enrollment Scholarship Program:

Susquehannock, Dover, Spring Grove, and Red Lion

We will again be focusing on dual enrollment at York College and Penn State York. These schools were suggested by the Dual Enrollment Coordinators at the colleges as having a significant number of dual enrollment applicants.

The committee overwhelmingly recommended that the Dual Enrollment Scholarship should include the cost of books, general fees, and parking in addition to tuition.

Nancy Spataro & Michelle Kern, HEFC Co-Chairs

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.

DAYTIME BOOK GROUP

3rd Wednesdays 1:00 p.m. via Zoom Contact Linda Palmer
December 15: *Skipping Christmas* by John Grisham Led by Lois Conaway

EVENING BOOK GROUP

3rd Tuesdays 1:00 p.m. Contact: Betty Hooker
We are meeting Tuesday, December 21, at 1:00 p.m.

Tuesday, December 21: *Dark Tides* by Phillipa Gregory.
Tuesday, January 18: *Peril* by Bob Woodward and Robert Costa

BRIDGE GROUP

Hostess for Bridge on Wednesday, December 1, at 10:00 a.m. is Janet Misiolek.
Hostess for January 5 is Carol Little.
If you would like to join the Bridge Group or be a sub, please call Lois Kulp for information.

GAME GATHERING (new name!)

The next Game Gathering will be on Sunday, January 9, at 1:00 p.m. (new time).
New players welcome. Contact Martha or Karen Julian with questions or for more information.

LUNCH A MONTH – JANUARY

The January Lunch will be at Wyndridge Farms on Thursday, January 13, at 12:30 pm. Please contact Anne McFeely by Jan 6.

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.