



CAP & GOWN

the Newsletter of the Chillicothe, Ohio Branch

www.aauwchillicothe.org

www.Facebook.com/ChillicotheAAUW

FEBRUARY, 2014

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| Feb 12 | Money Smart, Noon—1:00, Lunch included with reservation.
Call Cathy Dresbach at 775-5630. Topic: "Tax Smart" |
| Feb 20 | Book Club, 9:30 am; Bridge Club, 1 pm |
| Feb 26 | Paper Magic, 6:30-8:30 PM, Main Library meeting room.
This month make cards for spring & Easter. |
| Feb 11 | Money Smart, Noon; Drama Group, 7 pm |
| Mar 4 | Board meeting, 4:00-5:30 pm, CDC |
| Mar 6 | Bridge Club, 1 pm |

GIRL POWER !

Saturday, February 22

9:45 am —1:00 pm

@ the OU-C Child Development Center

Members, we are looking for 18 women to serve as **Mentors** to the girls throughout the event. We plan for two members to be at each of the tables. Your job will be to guide discussions (using provided questions) and activities.

Mentors will share some of their own life experiences to inspire the girls to imagine what might be possible in their lives. Additionally, we hope to have at least one BeWISE girl at each table. This will create a kind of multi-generational experience. Call or email Diane Diekroger to volunteer.

The Telephone Committee will be asking you to bring dishes for the **Breakfast Buffet** and snack bar. Decide which of these you could supply: Hot Entrée, Fruit, Vegetables, Beverages, Muffins, or snacks & juices in individual portions.

See event schedule and flier in this newsletter.

"Advancing equity for women and girls through advocacy, education, philanthropy, and research."

In principle and practice, AAUW values and seeks 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.

GIRL POWER

Saturday, February 22, 2014

Schedule of Events

- 9:45 Registration & Breakfast (entrance to Town Square, Committee as greeters)
Potluck Breakfast provided by members
- 10:30 Welcome & Introduction of the Day and Special Guests - Maryjo
- Handshake challenge
 - Rush Rogers & Queen Lester kick-off with "Hats" poem and inspirational comments
- 10:45 Session 1 - "My Ideal Life" (session leaders: Marsha Storts-Wike & Amanda Williams)
- Marshmallow & Spaghetti Tower Challenge (*build on the tables, measure winning heights*)
 - Exercise: Life Timelines (birth through age30)
 - Mentors share their life experiences and engage girls to imagine their own possible futures
 - Make Hats
- 11:45 Zumba!
- Followed by water and fruit break (*place these on the tables*)
 - Reorganize girls into new groups (*adult mentors remain at assigned tables*)
- 12:00 Session 2 - "Who Controls My Happiness?"
- Exercise: Emotional Bank Account (session leaders = Marsha Storts-Wike & Amanda Williams)
 - What are your deposits (*things that bring happiness*)?
What are your withdrawals (*people who drain your happiness, energy, values....*)?
 - Create affirmations
 - Finish Hats
- 12:45 Conclude the Day - JoAnn Bennsler
- Be WISE Camp promotion (25th Anniversary)
 - Complete Event Surveys & collect
 - Hat Spiral (*with Louisiana Mardi Gras parade music*)
- 1:00 Adjourn

NOTES:

Committee, Branch Members, Guests should arrive between 9:00-9:15 AM.

Breakfast Buffet must be ready and OPEN by 9:40 AM. Girls will be encouraged to eat as soon as they arrive so we can start the day promptly at 10:30.

Members are encouraged to **WEAR A HAT** that represents a positive aspect of their life, their career, or a special interest. The idea is to show the girls the many possibilities that are open to them as (young) women.

Attention Girls in Grades 5-8:

*American Association of University Women
and its community partners present:*

Girl Power

A DAY FOR DISCOVERING YOUR POWER

Saturday, February 22, 2014

9:45 am - 1:00 pm

"Creating My Ideal Life"

"Who Controls My Happiness?"

BREAKFAST BUFFET INCLUDED

Explore Your Strengths * Write Your Future Story

Make New Friends * Creative Fun! * Hat Parade * Meet Inspiring Women

Location: Ohio University - Chillicothe Child Development Center

(enter campus off Pohlman Road)

Register at www.chillicothe-oh.aauw.net by Friday, February 15

Click "Contact" and leave your information. Leave your address, school, grade
in the "Comments" box. Questions? Call Karla at 701-2683.

PARTICIPATE AS A MENTOR DURING THE GIRL POWER EVENT

TABLE MENTOR GUIDE:

Thank you for agreeing to be a Table Mentor. The main purpose of this day is to help girls see that they possess tremendous power to create the future and happiness they want for their lives. What better way to do this than by spending the day with an inspiring woman such as yourself! Your main objective is to help the girls navigate through the activities and to facilitate conversation. Feel free to accomplish this in your own way; however, the guide below is designed to help you, if needed.

Breakfast

The girls at your table will, most likely, not know each other. Some of the food at the buffet may be unfamiliar to them. Engage them in conversation about their likes/dislikes. Introduce yourself and everyone at the table. If you are a member of AAUW, tell them about the organization and what it means to you. If you are a Be WISE alumni, talk about that experience.

Session 1 – My Ideal Life

This is a goal setting session. Talk to the girls about:

- * Your life experiences and personal goal setting procedures.
- * Ask each girl about her life experiences and personal goal setting procedures.
- * How do you imagine your own future?
- * Help them to imagine their futures.
- * How did you handle times when you did not meet your goals or when life turned out much differently than planned?

Zumba!

If physically able, get out there and “shake it” with your new friends. One of the adults at the table should place snacks on the table before Zumba! is over.

After Zumba! the girls will be going to a different table and you will have a new group. Introduce yourself again and encourage the girls to do the same.

Session 2 – Who Controls My Happiness?

This session is designed to help the girls take charge of their emotional health. Talk about:

- * How do you handle sadness? How do you handle happiness?
- * How do you determine good advice from bad advice?
- * What do you do during “happy” times to prepare yourself for “tough” times?
- * Tell them your favorite affirmations and why they are your favorite.

Conclusion and Hat Spiral

Direct the girls to fill out an exit survey. Encourage them to be specific, i.e. “I really liked that idea you had during that last activity; write that down as a suggestion.” Be sure to fill out your survey, too. Encourage the girls to exchange contact information if they wish.

Most important of all... ENJOY!

Contact Karla Hanson if you have questions about being a Table Mentor.

GIRL POWER BREAKFAST BUFFET DETAILS

Diane Kistler and Sue Colley are the co-captains for the "Girl Power" breakfast buffet, to be held on Saturday, February 22 at the OU-C Child Development Center. In addition, we wanted to give a progress report as to where we are at this time.

For this breakfast buffet we are expecting fifty young ladies in grades 5-8, with approximately twenty-twenty five adults. With this increased number of participants, we are looking for five specific food categories that have been broken down in the following manner:

- * Hot Entrees
- * Fruit
- * Vegetables
- * Sweet Rolls/Muffins
- * Beverages, Ice, Coolers

When the Calling Committee contacts you, please let us know if you will attend the event and what dish you could bring. Help us make this a great day for the girls, AAUW members, and our guests.

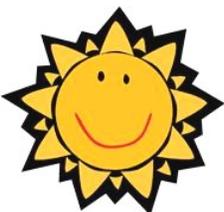
AAUW Greeting Card Art Contest

Check out the new collection of art made by AAUW members for the 2014 national greeting card set. You can vote for your favorites, now through February 28.

https://svc.aauw.org/contests/NoteCardEntries_wp.cfm

Be WISE (Women in Science Education) update

Packets were assembled and will be distributed to all the county schools by Feb. 10. The deadline for scholarship applications is March 3. This year's Camp costs \$490 for the week, with our Branch paying \$440 each for three girls. (This will come from our operating budget.) Additional girls will be selected if donations are raised. Many thanks to the Committee for all their work so far.



YEARBOOK CORRECTIONS & ADDITIONS:

Cindy Daniels—cindydaniels@pickawayross.org

Bert Magill—bmagill32@gmail.com

Nancy Hagen— nhagen45@gmail.com

Degree: BS Elementary Education, Western Illinois University

Fumie Yoshida - B.A. Education, Sacramento State University

NEWS FROM THE FEBRUARY 4 BOARD MEETING

Attendees: Joyce Atwood, Marcia Austin, Diane Diekroger, Karla Hanson, Jody River, Karen Rieder, Ginny Taynor. **Absent:** Maryjo Flamm-Miller, Mary Martin, Chrissy Park.

Joyce Atwood conducted the meeting in Maryjo's absence.

Appreciations: Diane Diekroger sent a note and gift card to our January speaker, Jeanne Meyer, to show our appreciation for her willingness to present the Pilates & Nutrition Program. It was unfortunate timing that the snowy weather forced us to cancel the meeting the morning of the meeting. She will be featured instead at our April 28 meeting.

Board Minutes : minutes of the January 7, 2014 board meeting were approved as presented.

Treasurer's Report: no report

Programs:

The **Girl Power** event is scheduled for Saturday, February 22, 2014. See flyer. The deadline for registration has been extended in consideration of all the days schools have been closed for weather. The new deadline is Friday, Feb. 21. Joyce Atwood will email flyers to grades 5-8 teachers in the city and county. AAUW is partnering with Girl Scouts on this project. If this event is successful, a second "Girl Power" will be held on May 3. That focus would be on "Healthy Relationships", with Kim Hardesty as the primary presenter. Diane Diekroger asked the board to distribute flyers in the community.

Our website now has links to the Girl Power and Be WISE registration forms.

Be WISE scholarship applications are being distributed. We will send three girls at a cost of \$440 each. Recipients each pay \$50 to attend the week-long camp.

Finance: Jody River suggested we have more discussion about the annual audit of our books. Maryjo has proposed that someone outside of the membership conduct this review. In the past, it has been done by a member at no cost to the branch. Further discussion will take pace in March.

Daffodil Diversity Award: Jody River is writing the application this year.

Book Sale: Books and supplies need to be moved to the new storage building. It was decided to wait for warmer, drier weather. Jody River has a key. A decision needs to be made about the 2014 Book Sale. In a discussion, the following points came up: We currently have a place to store the books and books are coming in. We have a location to hold the book sale. Last minute problems last year emphasize the need for co-chairs of the sale. Jody reminded us that the sale is an important community service. It is a community-building and social event for our members, too. Karla suggested we get Girl Scouts to help move books. Involve new members, but have mentors for them. An option would be to shorten the sale by opening on Wed. instead of Tuesday.

Announcements: The Chillicothe City Schools District Office will be named for Joyce Atwood. Congratulations, Joyce!

Next Board meeting: Tuesday, March 4, 2014, 4:00-5:30 PM, at the CDC

Respectfully submitted by Marcia Austin, Board Secretary

SAVE THE DATE FOR THE STATE CONVENTION

Please distribute to your branch members the attached information regarding the AAUW 19th Annual State Equity Day & 90th Annual Convention and Meeting the weekend of April 12 and 13, 2014 to be held in Springfield, Ohio. Hotel reservations must be made by March 12, 2014 to guarantee the rate of \$99/night+tax.

AAUW Ohio Convention 2014: “The Year of our Voice: Advocacy & Action”

“A feminist is anyone who recognizes the equality and full humanity of women and men.” –Gloria Steinem

Join AAUW Ohio members for the 2014 AAUW Ohio Convention at the Courtyard by Marriott in downtown Springfield, Ohio, on **Friday, April 11, 2014 through Sunday, April 13, 2014.**

The Southwest AAUW Ohio branches & AAUW Ohio board members have planned a weekend filled with informative presentations, interactive sessions, and powerful keynote speakers designed to invigorate members. It is our hope that members return to their branches more informed, more empowered, and more committed to lead in AAUW missions.

Weekend Highlights & Featured Presentations:

☐ **All-Convention Read: *Female Chauvinist Pigs: Women and the Rise of Raunch Culture* by Ariel Levy**

☐ **Jamie Bryant, editor and developer *KIKI Magazine*.** *KIKI magazine* is designed for young girls with an emphasis on creativity, self-expression, STEM topics, but doesn't include the sexuality and consumerism found in most youth media.

☐ **Peggy Hanna, local activist.** Hanna has been active in her community advocating and acting on community issues from her early Vietnam-War protests to her current work with City Council to protect water resources.

☐ **Jamie Miracle, NARAL.** Miracle will share the latest developments on Pro-Choice work in Ohio. The 41st anniversary of Roe v. Wade is here and AAUW Ohio has work to do!

☐ **Deepti Gudapati, AAUW Director of Member Leadership Programs.** Gudapati will facilitate several in-depth, interactive sessions designed to provide members with resources and tools to support our local branches.

☐ **Beth Pinhero, AAUW Ohio Tech Trek.** Pinhero will share the details about the direction of TECH Trek in Ohio.

☐ **Donna Black-Brown, AAUW Ohio member.** Black-Brown will teach members about principled decision-making for a real change.

☐ **Melissa Cropper, Ohio Federation of Teachers President.** Cropper will focus on the future of public education today for students, for educators, and for communities.

☐ **Maria Maestro, New Faculty Majority.** Maestro will participate in a panel discussion with Cropper centered on the choices and challenges in education.

☐ **Jackie Evangelista and Karen Rainey, AAUW Ohio Public Policy.** Our Public Policy team will address the state of Common Core today and why the discussion is still relevant.

Start planning now to attend Convention 2014 on April 11-April 12! Registration materials attached.

Christine Siebeneck

AAUW Ohio

VP Programming

Registration Form 2014

AAUW 19th Annual State Equity Day & 90th Annual Convention and Meeting

Please duplicate as needed. One form per person required.
Registration forms can also be downloaded at www.aauwoh.org.

Name			
Address			
City, State, Zip			
Phone			
Email			
Branch			

Daily Registration Fee includes: Continental Breakfast, 2 breaks, lunch, supplies, room set-up, and speaker expenses.

Equity Day Registration: Saturday, April 12, 2014 I will attend at a cost of \$60 for the day.

Convention and Meeting: Sunday, April 13, 2014 I will attend at a cost of \$60 for the day.

****Special Needs and/or Dietary Needs:** _____

Optional Awards Banquet Saturday, April 12, 2014 from 6:30-8:00 pm. The \$35 fee for this banquet is separate and IN ADDITION to Equity Day and Convention Day registration costs. A full-plated dinner will be served. Gratuity included.

Yes! I will attend the Optional Awards Banquet on Saturday, April 12, 2014 at a fee of \$35.

___ Grilled salmon ___ Grilled Filet of Beef & Chicken ___ Stuffed Portobello Mushroom with Quinoa

Total of all costs for events I will attend (Saturday, Sunday, Saturday Banquet): **Registration form and payment are due by March 23, 2014 **For Registrations sent after March 24, 2014 add \$10 fee.	\$
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Payment can be made via **PayPal** at www.aauwoh.org. Please send your completed electronic registration form to sbigail@bgsu.edu.

Make checks payable to: **AAUW Ohio**. Please mail check with this completed registration form to:

Susan Marie Bigail
217 Johnson Hall, Bowling Green State University
Bowling Green, Ohio 43403

Hotel costs: Rooms at The Springfield Courtyard by Marriot are available for \$99/night+tax. Ask for AAUW rate when making reservations. Call The Courtyard by Marriott at 937-322-3600 **Reservations must be made by March 12, 2014 to guarantee this rate.**

The Springfield Courtyard by Marriott
100 South Fountain Avenue
Springfield, Ohio 45503