

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



Am I My Best Advocate? & Valentine Treats



Branch General Meeting, Thursday, February 15, 1:30 pm – 3:30 pm
Greater Midland Community Center, Senior Room, [2205 Jefferson Avenue](https://www.google.com/maps/place/2205+Jefferson+Avenue,+Midland,+MI), Midland

Too Many Meds? That was the question posed by *Consumer Reports* in their September 2017 issue. It reported that we are taking more prescriptions pills than ever. With more prescriptions available to treat our ailments, we improve our quality of life, but there is also a risk of adverse effects. What impact is this having in Midland County? You might be surprised to learn that locally we have an opiate addiction problem among different age groups, and yes, even the elderly. Our speaker, Community Education Nurse, Mary Griffore, RN, from MidMichigan Health will present an overview of what is happening in Midland County. Learn what is being done and what our role is.

Most importantly, we will gain a better understanding of medications (prescription and over the counter) and also, if you combine them with alcohol, what is the effect. You will learn that you are your own best advocate for good health and what questions to ask your doctor when a medication is prescribed. Mary will educate you about a valuable resource that is often underutilized, our local pharmacist. Pharmacists are professionals who are knowledgeable about drugs and are trained in human anatomy. How to best use this resource will be shared. Please come and hear what Mary has to say about this very important topic.

To celebrate Valentine's Day, we will serve healthy and delicious combinations of chocolate, nuts and fruit. We ask a contribution of \$5 to help defray the rental fee and other expenses; there is no charge for guests. Make checks payable to AAUW Midland Branch and mail by **February 12** to P.O. Box 30, Midland, MI 48640-0030. Please write to auwmidland@gmail.com for more information.

Mary Crane-Franek, 1st VP Programs

Milestone Year for Women and Gender Equity

Kim Steinke, President

A year after the first Women's March took place, an even more diverse group of over one million women, men and children all ages, races, religions and socio-economic levels took to the streets in cities large and small to advocate for women's equal employment opportunities, pay equity, and workplaces free from discrimination and sexual harassment. Midland Branch members joined the sister March held in Midland.

The #MeToo and Black Lives Matter movements have also evidenced the imperative for a national dialog on gender, race and economic equality.

AAUW actively engaged with elected leaders at all levels. These efforts paid off as 42 states, Washington, D.C., and Puerto Rico introduced equal pay bills, and five states and Puerto Rico passed new equal pay laws.



Nominees for Branch Officers to be Elected at the Annual Meeting

Chris Ferrando, Nominations Officer

The Nomination Committee has identified the following candidates for the slate of officers for the 2018-2020 Board of Directors. Committee members are: Ruth Copp, Lu Ellen DeLine, Barb Galloway, Pauline Pittsley and Jane Wirth. The election of officers will be held at the annual meeting on March 15.

President-Elect - pending

Membership Vice President: Lu Ellen DeLine joined AAUW Midland Branch in 2004. Lu has served the Branch as President, Membership VP, Chairman of EF/LAF, Handbook Editor, Nominations Officer and AAUW Funds Co-Chair.

Finance Vice President: Liz Kapla has been a member of the Branch since 2005. She is currently on the Program Committee. She also served two terms on the Midland Area Community Foundation board.

Secretary: Ruth Copp joined AAUW in New Jersey before joining the Midland Branch. She is the current Branch Secretary and has agreed to serve another term. Ruth has participated in many Branch activities and helped write a grant for the Branch. Ruth is also a member of Midland Area League of Women Voters.

Delegate at Large: Sandra Collinson joined the Branch one year ago. Sandra is a member of the local branch of the Nonviolent Peaceforce and helps give presentations to bring programs about bullying into area schools. She is on the Board of the Midland Area League of Women Voters.

Nominations Officer: Chris Ferrando is the current Nominations Officer. She has served in many roles: President, 1st VP Program, 2nd VP Membership, General Meetings Chair, Used Book Sale Chair, and Interest Group Coordinator. She was Branch liaison to the local UNICEF Committee. She has chaired Reading for Fun Interest Group and continues to chair the Explorers Interest Group.

Reproductive Freedom Is Tied to Women's Economic Security

June Turley, Public Policy Chair

This year marks the 45th anniversary of the [landmark](#) Supreme Court case *Roe v. Wade*, which legalized abortion in the United States. Access to safe and legal [reproductive](#) health care and information, including abortion, fosters self-sufficiency, promotes preventive health care, and protects individuals and their families from the spread of sexually transmitted infections. But control over one's reproductive life is also part and parcel to achieving economic autonomy; without reproductive choice, women cannot attain equal pay or opportunity in the workforce.

It's now a widely acknowledged fact that the typical woman working full-time brings home a paycheck that is [20 percent smaller](#) than the typical man, and women of color tend to face larger gaps. But believe it or not, that number could be a lot worse. Lack of access to a full range of reproductive health services is one factor that contributes to those alarming statistics. [Research suggests](#) that the widespread availability and use of birth control pills in the 1980s and 1990s was partially responsible for narrowing the pay gap to where it is today.

Excerpted from [Washington Update E-Bulletin, Jan 18, 2018 \(www.aauw.org\)](#)

Used Book Sale Used Book Sale T-Shirts

Newly designed Branch t-shirts advertising our Used Book Sale will be worn by members for the spring sale April 27-29. The shirts are available in two colors, white and a soft teal. They are of very nice quality cotton with either a V neck or crew neck, short sleeves or long. A variety of sizes will be displayed at the February and March general meetings. Cost for a shirt is \$15 short sleeve, \$17 long sleeve. An additional \$2 is required for size XX large. Order forms will be at the meetings and will be available by e-mail. Checks are to be made payable to AAUW Midland Branch.



Memorials ~ Cathy Heng

Wilma Lee Cook enjoyed a long and productive life in Midland before returning to her native California. Wilma graduated from the University of the Redlands and studied at the University of Chicago. Bringing her talents to Midland, Wilma worked for the Red Cross and for Midland County's Juvenile Court. A long-time AAUW member, she was involved with the Bird Study Group, Used Book Sales and many book sorting sessions. She loved her children's programs, the out of doors and her work at St. John's Episcopal Church. Friends remember her great sense of humor.

Mary Klesney was a long time Midlander who contributed her talents to Midland organizations in her soft-spoken personality. Mary received her bachelor's degree from Wheaton College and her master's from Columbia University. She held positions on the AAUW board, worked with book sales, study groups and helped with meetings at Delta College. She was a Branch Named Gift Honoree in 1972-73. She worked with many Midland organizations and was a founder of Blessed Sacrament Catholic Church.

Mark Your Calendar

Feb. 15, 1:30 pm Am I My Best Advocate? Midland Community Center
 Mar. 15, 6:00 pm Annual Meeting / Public Policy Program
 April 27-29 Used Book Sale
 May 17 Lunch at the Country Club

President: Kim Steinke, President-Elect: Carol Arnosky, 1st VP Programs: Mary Crane-Franek
 2nd VP Membership: Judith Donahue, The Twig Editor: Pauline Pittsley

Web sites: <http://midland-mi.aauw.net> <http://aauwmi.org/> E-mail: aauwmidland@gmail.com