

# AAUW-Chapel Hill Branch



## From the President: Bea Keller

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### INSIDE THIS ISSUE:

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Mark Your Calendars January Meeting From Your Board	2
Member of the Month Correction	3
Website News December Minutes	4
Dec. continued Book Club November Minutes	5
November Minutes contin- ued	6
November Minutes contin- ued & Treasurer's Report	7

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The first of January brings a sense of renewal and resolve to conquer challenges—some perennial in nature and others totally unexpected. 2016 is no exception.

On the global front, a landmark climate accord has just been signed. There is a glimmer of hope for families who must raise their children in unbearable smog and for those who live at sea level. Time will tell if corporate or individual greed will give way to a more responsible business ethic. However, to paraphrase Shakespeare, the dogs of war are rampaging in parts of the world, creating an unbelievable carnage and loss of life affecting men, women and many children. It is no wonder that people risk everything to escape this horrific life. At present, the path to peace is murky and involves the prospect of even more loss of life.

Domestically, we are hearing expressions of prejudice and contempt in both elected officials and those seeking office toward those that most need our protection.

Women, the disabled, and especially Mexicans and Muslims are targeted. The slow healing of our economy brought back from the brink, while easing the lives of many families, has not erased poverty and hunger. In 2014, 16 % of single parent families with no wife and 31% of single parent families with no husband lived below the poverty level in the United States. 21% of children and 14 % of seniors live in poverty. The poverty rate is greater in rural areas (17%) than in metropolitan areas (15%). 29% of disabled people live in poverty. The highest poverty rate by race is found among Blacks (26%), with Hispanics (of any race) having the second highest poverty rate (24%). Whites had a poverty rate of 10%, while Asians had a poverty rate at 12%. (2014, U.S. Census Bureau)

Individually, each of us has goals regarding health, relationships, spiritual and intellectual growth. We learned from Dr. Christina Williams at our December meeting that it was important to keep moving, continue to learn new skills, and

eat foods that promote good health. Some of us (or our partners) are dealing with health issues that require embracing a new reality, and optimism requires more effort. This month, we will learn how to deal with some of these issues and find balance.

In challenging times, it helps to recall the words of Michelle Obama, “You may not always have a comfortable life and you will not always be able to solve all of the world’s problems at once but don’t ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own.” All of us can be the voices of tolerance, of equality, of justice—we can work to make our communities, our nation, and our world a better place for all to live.

I wish all of you a healthy and happy 2016! I hope to see you January 14 at noon in room B at the Chapel Hill Library.

**Mark Your****Calendars:**

*AAUW Fellows: Keli  
Diewald, Tamar Malloy  
and Brittany Zick*

*"Community Leadership  
Initiatives: Cross-cultural  
Access and  
Engagement"*

*February 20, 2016 ,  
10:00 - 11:30 AM*

*Locale: Chapel Hill  
Library, Room A.*

*— Donna Wilson*



## January 14<sup>th</sup>, “The Art of Finding Balance Between Life and Work”, presented by Karen Morgan, MSW.

**Chapel Hill Library, Room B, Time: 12 noon – 1:30 PM (Please bring a brown bag lunch)**

December 2015 holidays may seem a distant memory as this past year quickly draws to a close. Many of us juggle multiple personal, work-related or family responsibilities in the midst of what should be the most wonderful time of the year. Yet these wonderful times can quickly become overwhelming. We may find ourselves, wondering if there could be more than 24 hours in a day!

So, as we begin this new year, it is timely and an opportunity for our membership to hear an excellent speaker, Ms. Karen Morgan,

a Clinical Associate, HRC Behavioral Health and Psychiatry in Chapel Hill. Karen’s topic for our January meeting will be an excellent opportunity to learn pro-active strategies and identify priorities for achieving a balanced life in work, family responsibilities and relationships in general. Her expertise in life-coaching will offer everyone the opportunity to reflect on strategies and effectively make them personally applicable and relevant.

Karen’s background and expertise in social work, counseling and psychotherapy span the Triangle and Triad in North Carolina. She earned

the MSW at the University of North Carolina, Chapel Hill. She completed her M.A. in English at the University of Virginia, Charlottesville and holds a B.A. in English from Duke University. She is currently working on her Ph.D. at the University of North Carolina, Chapel Hill.

Come join us for what will be a great way to start to the 2016 New Year!

—Donna M. Wilson

Vice President, Programs

## From Your Board

Our board discussed several items during our last meeting. The first was a name change to be more inclusive and acknowledge that our chapter covers 3 counties. We all agreed that if our name reflected all three counties, it would be an improvement. AAUW of Orange, Durham and Chatham—what do you

think? The change would be made over a summer so that we could address all the legal matters involved in a name change. This was followed by a discussion of scholarships. How could we give scholarships to other universities and community colleges in our area—NCCU, Durham Tech, Central Carolina Community College and Duke

University? Given our limited size and resources, we decided that, for the time being, we would make an effort to reach out and inform area colleges and universities of the scholarships offered by our national organization. We welcome your thoughts and suggestions.

—Bea Keller

## Member of the Month: Randye Rosser

Randye Rosser grew up in St. Louis, Missouri, the youngest in a family of four children. A warm and loving family, it was very supportive of friends and extended family—a tradition Randye continues with her children and grandchildren. “My father was an attorney, and my parents were sort of the matriarch and patriarch of each of their families even though their parents were alive.” The family members who most influenced her were her mother and her brother. Her mother ran her household and lived her life with compassion, intelligence, creativity and financial savvy. Five years separated Randye from her older brother, David, but he rarely protested her hanging out with him. Through him, she developed an interest in sports and music, and a fondness for Camp Ramah in Wisconsin, a conservative Jewish overnight camp. “My years as a camper and staff person at that camp remain in my mind as some of the

happiest times in my life.” She recently reconnected with a camp friend for the first time in 50 years.

With a family history of service, a degree in sociology was a natural choice. Randye then earned her law degree, and for a brief time worked for her father. The rest of her law career was in the public sector—first with Legal Aid in Selma, and then at the District Attorney's office in Montgomery, AL, and finally at the St. Louis County Prosecuting Attorney's office in St. Louis, MO. “At both the DA office and the PA office, I was in the civil division, handling child support cases, and later, in my St. Louis job, delinquent state taxes and bad checks.”

Randye's husband died suddenly at age 36. Her family,

true to form, helped Randye and her twins, four years old at the time of his death, with the challenges of a single working parent throughout their childhood. After her retirement, Randye moved to Carrboro to be close to her children and their families. Randye views her children as her proudest accomplishments. Moreover, she delights in her close relationship with her grandchildren. “The fact that they are both here together, and that I could move here are such blessings.”

In 2006, inspired by two wise and non-judgmental friends, Randye began to learn about Judaism—an ongoing journey. She also enjoys reading, biking and walking, games and puzzles, and family and friends. We welcome Randye to our area and to our organization!

— Bea Keller



### Correction

*In our minutes of the Oct. 17, 2015 meeting there was an error through no fault of our recording secretary. Past president of our chapter, Doris Bernlohr, reported that the virtual TarHeel Branch had 2 founders: Doris Bernlohr and Nancy Shoemaker. We apologize, Doris, for our ignorance. It was a significant step forward and AAUW is grateful for your vision, Doris and Nancy.*



### Website News

Remember if you have questions about our next meeting or need to check on the book club's selection, please check our web page: <http://chapelhill-nc.aauw.net>.

If you want to check our archive of past newsletters in our "members only" section, remember the password is the word "dogwood" in lower case letters.

## Plenary Meeting, December 5, 2015

President Bea Keller called the meeting to order at 10:30 by thanking Sandy Smalley, Annette Jurgelski and Kay White for providing refreshments enjoyed by members and guests during an informal welcome reception from 10-10:30. She reminded members that the December meeting is traditionally the fund raising event for the Carrie Heath Schwenning Scholarship. [As noted in table cards: Checks can be made payable to UNCH-Chapel Hill and notated as Fund 6725 in the memo line. They can be mailed to Treasurer Karen Piplani, 1502 Halifax Rd Chapel Hill 27514.]

Member Vickie Healey then assumed the podium to introduce the morning's speaker, Dr. Christina Williams, a Duke Professor whose areas of expertise include psychology and neuroscience. In her introduction Vickie noted that she had heard Dr. Williams speak at the Science Café in Raleigh and was so intrigued by the ideas and information presented that she recommended Professor Williams to our program committee.

Dr. Williams lived up to Vickie's description, provid-

ing a highly engaging, informative and motivating presentation on Neuroplasticity: How Food and Fitness Boost Memory. Professor Williams, obviously a seasoned and accomplished teacher, designed her highly accessible presentation in 2 parts: Neuroscience 101 and Implications of research findings connecting neuroplasticity to exercise and food.

With respect to understanding "the brain" Dr. Williams used metaphors and diagrams to emphasize the idea that the brain is more "like a plant" than a machine; it is responsive to nurturing throughout a lifetime and not only becomes stronger in growth producing conditions but also generates new cells. By strengthening and multiplying synaptic connections memory and learning are positively impacted. This is good news for all as we age and for people with injuries and health challenges that impact the brain.

In the second part of her presentation Dr. Williams summarized her and other's research focused on environmental conditions positively related to improved memory and learning. These include:

1) Exposure to enriched, novel environments and tasks 2) High aerobic capacity- earned or inherent 3) Prenatal protective factors related to choline 4) A nutrient found (along a continuum) in wheat germ, eggs, liver. 5) Dietary protective factors that may aide children and adults \* 6) Omega 3 fats- salmon 7) Flavonoids- blueberries, cocoa 8) Vitamin E- nuts and green leafy vegetables, 9) Curcumin- curry, 10) Epigallocatechin 3 gallate- green tea.

\*Dr. Williams cautioned that vitamins are not usually tested (those that are carry a USP label) and thus adding these nutrients to one's diet through food selections was the most prudent approach.

In summary, Dr. Williams offered this food for thought.

Research unveils increasingly positive news about neuroplasticity and the capacity of diet and exercise to protect and enrich memory and learning.

High aerobic capacity- either earned through exercise or inherent to one's makeup is positively correlated with neuroplasticity.

Program chair Donna Wilson announced that our Thurs-

## December 5 Minutes (continue)

day, January 14 meeting would be at 12 noon, in room B at the Chapel Hill Public Library and would feature Karen Morgan speaking on *Work and Life Balance*. She added that Ms. Morgan would include advice for caregivers. This is a bring-your-own-lunch affair.

Donna announced that AAUW NC's annual conference would be in Chapel Hill on April 1 and 2, 2016 at the Sheraton Hotel. April 1 has sessions for chapter presidents, but members are urged to participate in sessions, Saturday, April 2.

Treasurer Karen Piplani introduced Hillary Owino, our

2014-2015 Schwenning Scholarship recipient. Ms. Owino expressed her gratitude for the financial help and said that in her case, graduate school and motherhood happened almost simultaneously. The scholarship permitted her to concentrate on her courses and research. Karen announced that the current recipient was Hope Kpa, a 4<sup>th</sup> year PharmD student. Karen collected member donations and urged our members to support our branch's scholarship.

Annette Jurgelski and Membership Vice President Shirley Ahmed announced that the next book meeting was at Dona Koeberl's home on Thursday,

January 7. The featured book is *And the Mountains Echoed* by Khaled Hosseini.

Bea Keller said that she would forward last month's speaker Cordelia Heaney's email which is soliciting end-of-year donations for the Compass Center. She urged members to give if they could. She then wished everyone a happy and healthy holiday.

Respectfully submitted by Mary Kolek/Bea Keller

### Good Morning Book Club

January 7: *And the Mountains Echoed* by Khaled Hosseini at Dona Koeberl's home, 2749 McDowell Road, Durham, NC 27705, 919-403-6643, [dkoeberl@frontier.com](mailto:dkoeberl@frontier.com)  
—Dona Koeberl

## Plenary Meeting, November 21, 2015

President Bea Keller called the meeting to order at 10:30. She noted how pleased she was that the Chapel Hill branch of the AAUW was once again partnering with the League of Women Voters of ODC in order to offer members and the general public an opportunity to learn more about a topic of great import to all: Domestic and Gun Violence Against Women.

Before introducing the speakers, Bea thanked those who provided the refreshments for members and their guests: Brenda Rogers, Donna Hammersly and Genoveva Aguirre.

President Keller introduced the President of the LWV-ODC, Janet Hoy, who offered an update on the League's current areas of focus and action. She noted the League has been awarded a significant grant to help educate the public regarding medicare. Bea also introduced Brenda Rogers, past president of the LWV-ODC and an active member of AAUW. Krishna Modal was lauded for her voter services and violence against women advocacy.

President Keller then introduced the morning's program noting she was pleased to see such a large audience was present to hear,

"the 3 talented and accomplished women [who] will talk about a heartbreaking but very real and present issue", impacting women, their families and their communities, Domestic and Gun Violence.

The expert panelists who each used a PowerPoint presentation to engage and educate the audience were: Cordelia Heaney, executive director of Compass Center, an agency dedicated to dual mission of addressing domestic violence and empowerment of those in need through development of career and life skills; Kelli





## November Minutes (continued)

Raker, Coordinator for Violence Prevention Programs at the University of North Carolina at Chapel Hill, who in her role works with students and staff to prevent and address sexual violence, interpersonal violence, and stalking; and Kate Douglas Torrey who, since retirement from a 20 year career as Director of UNC Press, has devoted her time to volunteering for groups that focus on social support and action. These include Planned Parenthood, the Orange County Literacy Council, North Carolinians Against Gun Violence, Everytown for Gun Safety, and Moms Demand Action for Gun Sense-NC.

Cordelia Heaney focused her remarks on the multifaceted issues that must be understood when considering domestic and gun violence, separately and at their intersection. She reviewed local, state and national prevalence data and gave a brief explanation the Abuse and Violence Control Wheel. Toward this end, Cordelia provided a handout that categorized and described the tactics used by physical and sexual abusers to exert power and control (Ex. Using coercion and threats, using intimidation, using emotional abuse, using children).

In addition to examining domestic and family violence prevention, intervention and post-intervention services, Ms. Heaney also provided information on services such as those provided by Compass Center which are relevant to gun vio-

lence. This includes both crisis counseling (lethality assessments, safety planning) and court advocacy. Cornelia reviewed 2 types of protective orders, including their current limitations and legislative loopholes. She summarized by emphasizing the importance of such actions as providing community support for those experiencing abuse and violence (directly and as “collateral” victims), communicating with elected officials about policies, legislation and resource allocations associated with prevention and intervention services, and – most significantly – reaching out to victims.

Kelli Raker, continued to educate the audience, about violence prevention and response, specifically through the lens of higher education and in the context of the UNC Chapel Hill campus. She offered a primer on Title IX (protection from effects of discrimination in relationship to the benefits of education programs that access federal dollars), the Cleary Act (public reporting of campus crimes and associate policies and actions related to protection efforts and discipline) and the Campus SaVE Act (Campus Sexual Violence Elimination policies, procedures and resources.) Ms. Raker reviewed the neurobiology of trauma and its relationship to the pathways and timing of victim choices in reaction to discrimination, harassment and violence. Kelly addressed audience questions about the differences between use of campus authorities and law enforcement in relationship to reporting requirements,

investigations, and potential outcomes. She indicated that the university’s staffing of Violence Prevention services has increased to 12 full time members over the past several years- important given that an estimated 10-20% of the 30,000 students could benefit from services at some point during any year. She also noted that recent and planned actions around reporting, transparency and mandatory education for stakeholders offer promise in terms of the ultimate goal of preventing incidents of discrimination, harassment and violence from occurring within any and all of the campus communities, including students and staff..

As the final speaker, Kate Douglas Torrey walked the audience through a presentation entitled, *Gun Violence Is a Women’s Issue*. She noted that the statistics around gun deaths, violence and its aftermath, qualifies this issue as a public health crisis and that it needs to be understood and addressed as such by the public and their elected representatives. (She noted limitations felt by the CDC relative to their role in this type of approach should be a matter for reconsideration given evidence of prevalence and impact.) Prevalence data with citations was provided and included a graphic representation of the international data around gun violence and women. Surprising to some in



## November Meeting Minutes (continued)

the audience, the US rate was the highest among developed nations (5 times greater than Canada and 40 times greater than Great Britain.) Data related to school shootings and mass shooting was also reviewed. The significance of such violence for women in particular becomes clearer when the data around the gender of the teaching work force is considered: women are in the front lines of such incidents and given their role responsibilities are greatly affected by the aftermath both at home and in the workplace. Such connections take on additional urgency given a reported 149 school shootings (2012) and more than one "mass" shooting a day (mass defined as more than 4 victims).

Kate reviewed information about the relationship between gun ownership, trafficking and prevalence of violence (high correlation) and the recent legislative actions that address access, background checks, types of permits, carry and gun seizure/return policies. The increase of gun violence

in states that have loosened rather than upheld or tightened access laws was noted and some of the information that was shared with legislators as they deliberated proposed changes to gun laws during the most recent session was shared as was the outcome of the public action campaign undertaken by citizen groups and the Sheriff's association. As a result of research, official reports and professional experience, Kate advocates for laws and policies that strengthen background checks and data sharing as well as for the need to close loopholes relative to relinquishment laws as well as those pertaining to stalker and dating partner incidents.

Kate provided a handout with resources for those who wish to learn more about gun and violence prevention studies and community action organizations and urged all to act locally in support of "gun sense". She provided a text number for the White House that can be used to share positions with the Of-

fice of the President along with directions on how to use it: text WH to 877-877 and be prepared to offer a brief statement including name, state, what action you are advocating and why it is important to you.

After extended applause, Bea thanked the speakers and reminded all that the next meeting is dedicated to the topic of the role of exercise, nutrition and neuroplasticity. AAUW members and guests are welcome to attend, 10 AM, Dec. 5 at Carol Woods. This meeting is also a fundraiser for the annual leadership scholarship.

Donna Koberl reminded all that the book club will meet at Kay White's house the first Thursday in December to discuss *Outcast United*.

A vote to adjourn was approved at 12:04.

Respectfully submitted, by  
Mary Monroe Kolek, Recording Secretary



# 2016

## Treasurer's Report 12/15/2015

### Account Balances:

Checking: \$2,975.24

MM Checking : \$1,504.26

CD: \$6,052.67

**Donations to the Schwenning Scholarship Fund.** Our scholarship helps a worthy female graduate student pay for tuition for her study. Many of

our scholarship recipients would be unable to continue their study without our help.

At our December meeting, 8 members generously donated \$500.00. Our goal is \$1,500 for the academic year. We hope remaining members will donate generously to this to this cause.

Please make your check out to

"UNC-CH", and put "Fund #6725" to indicate the Carrie Heath Schwenning Scholarship in the memo line of the check. Please send your check to Karen Iplani, 1502 Halifax Rd., Chapel Hill, NC 27514

Many Thanks to all our members for their generosity.

Karen Iplani, Treasurer