



Hastings Branch

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

April 2011



President's Message

Glenda Schnirring

Members, please take note of this encouraging nudge to come to the annual spring social on April 25. The details are in Diane Saed's description which follows. It's going to be a fully enjoyable event of interacting with each other and being entertained in a way that we seldom experience. And, to recognize our 40th year, we've invited AAUW State President Carol Sheggeby and founder of the Hastings Branch Susan Tanner to be with us.

As members we can feel a sense of pride for being an active branch of AAUW's national programs for over 40 years. It says a lot about us presently and also for those who energized the starting of the branch in 1970. Our national "sister members" of 130 years ago knew the need to organize around the purpose of promoting equity for women and girls and their lifelong education. Our response is to live lives that articulate and exemplify this by sharing our time and resources.

In our beloved state of MN, a recent publication shared with me by Lew Linde divulges that among 100 of Minnesota's largest publicly held companies, little progress has been made for women as board members or holders of executive positions. Two statistics which are glaring to me are that of 814 governing board seats, women occupy 116 of them and that 28 of the same 100 companies have no women on their boards at all. Research bears out that when there are at least three women on a corporate board, there is improved financial performance.

Not to close on a discouraging note is to say that our branch is now a body of 102 AAUW members! Everyone at the spring social will have an opportunity to rate program ideas already formed and submit their own areas of interest. This is your Board's way of striving to have another year of strong programs which will be enriching for you and give you that sense of community and pride that makes us the strong organization that we are.

April 25 AAUW Annual Spring Social

Hastings Country Club
2015 Westview Drive

6:30-7:00 Social hour
7:00-7:45 Appetizer buffet
7:45-8:00 Brief meeting
8:00-8:45 *Poet, Bill McCarthy

Great food by Ryan, and Poetry by Bill McCarthy from Art Reach St. Croix. Bill is the board chair for ArtReach St. Croix, whose vision is to see the St. Croix Valley become a nationally recognized destination for the arts. The Hastings Prescott Area Arts Council is affiliated with ArtReach. Bill is an author and a speaker on such topics as leadership, innovation, and personal and organizational change. He holds an MBA from St. Thomas University and a BA from St. Mary's University. His collection of poetry was published in 2006 by the Trilobite Press at the University of North Texas. A recent poem appeared in a Midwest literary journal and was nominated for a 2009 Pushcart Prize. Besides his work at ArtReach, Bill volunteers in the English Language Learner program at Neighborhood House, a social service agency on St. Paul's Westside. According to Bill, "A good day is one spent on the river in my yellow kayak."

\$25.00 payable to Hastings Country Club.
Send check to 2650 Westview Drive, Hastings, MN 55033
Call Diane Saed with questions: 651-437-7192

Upcoming Events

April 11 Book Club
April 19..... Gad-Abouts
April 25..... **Annual Dinner Meeting**
May 3. (Tuesday)..... Board Meeting

Hastings Branch

2010-2011 Programs

September 27, 6:30 p.m. SALAD SUPPER
Political Stories You've Never Heard
Mary Lahammer, Twin Cities Public Television

October 25, 7:00 p.m.
The History of MN Supreme Court
Paul Anderson, Supreme Court Judge

November 22, 7:00 p.m.
Lost and Found: A Memoir of Mothers
Kate St. Vincent Vogl, Author

December 13, 7:00 p.m.
Holiday Social
Guitarist and Singer Tom Jung
Gathering at Great Rivers Gallery
301 2nd Street, Hastings

January 24, 6:30 p.m. CHILI SUPPER
Human Trafficking: Reality Not Fantasy
Judge Erica MacDonald

February 28, 7:00 p.m.
From Hastings to Cairo
Jan Hertel, Educator and AAUW Member

March 28, 7:00 p.m. COMMUNITY INVITED
Bone Up on Bones
Osteoporosis and Vitamin D's Role in Prevention
Dr. Jennie Orr and Panel of Specialists

April 25, 7:00 p.m. **Spring Social**
ArtReach St. Croix
Poet and Storyteller
Bill McCarthy
Social at Hastings Country Club
2015 Westview Drive, Hastings

May 23, 7:00 **BOOK SALE!**
From Family Tree to Family Table
and Potluck Paradise
Author and Food Historian Rae Eighmay

All meetings, except December and April,
will be held at
St. Philip's Lutheran Church
15th Street and Pleasant Drive
Hastings, MN 55033

Nomination Committee

Kay Leadholm

The nominating committee is pleased to present the following slate to be voted on at the April Meeting:

Program Vice President: Lynn Moratzka and Gail Glashan
Treasurer: Nancy Kerestes

Nominating Committee: - Patty Todnem, Fidelis Lindner, Sallee Jepsen, Cindy Toppin, and Kay Leadholm

Book Club

Shirley Tammen

On Monday, April 11, we will discuss a second novel of Dickens's, *Great Expectations*. Ramona McCullough will host this meeting.

The Monday, May 9 selection is *The Teaberry Strangler* by Laura Childs. This latest book in a series for tea lovers, and mystery lovers gives the reader a sense of traveling through the streets of Charleston, S.C. and environs of the beautiful historic city. After two months of Dickens, we need something light). Barb Moen will host this 7:00 p.m. meeting. Car pooling is available at Regina Medical at 6:45.

I'm still searching for a June luncheon author who doesn't cost \$100+. So no news on that front.

Don't forget to put aside those books you are donating for our AAUW book sale at the Monday, May 23 meeting! It is a great fundraiser for our local branch.

Historian

Trudy Cragg

The young lady who received the AAUW scholarship in 1990... where is she now?

Jennifer Hirschey, daughter of branch member Carol, received her Chemical Engineering degree in 1994 from UW-Madison. After graduation she did an internship with the Institute for Defense Analysis in Washington, DC. The role of this group is to prepare the handbooks and guides which advise congress in all matters regarding chemical and biological warfare. During that year-and-half Jennifer was able to observe our military closely and has developed a deep respect for their knowledge and service.

Jennifer's goal was to eventually use her chemical knowledge working with the beauty industry. That opportunity came with the Elizabeth Arden Company in Roanoke, VA for two years and with Aveda, a branch of Estee Lauder, in Blaine, MN for ten years. She was one of the chemical engineers who helped set up the Blaine Aveda processing plant. With both companies she served in the Research and Development departments assuring safe products and efficient production processes. Currently, Jennifer is a busy and happy stay-at-home mom to a preschooler, a kindergartener, and a second grader.

Gad-Abouts

Verna Fuller

APRIL 19

9:30 Meet at Sterling Drug to go to St Paul AAUW
Lunch will follow the meeting and program
Lunch reservation and check for \$14.00 is necessary. Call Verna (437-9653) for information.

MAY – Date pending

Tour of Inver Hills Community College

Community

Margaret Goderstad

The LeDuc Historic Estate

Authors' Sundays at the LeDuc Historic Estate

The public is invited to attend these FREE events at the LeDuc Historic Estate. The two remaining Authors' Sundays will take place at 1 p.m. on April 10 and May 15. Authors will

read passages from their books, explain their writing craft, and sell and sign books after their readings. Refreshments will be served.

Authors for April 10 are Gunda Davis and Eric Dregni and authors for May 15 are Cindy Thury Smith and Shirley Dalaska speaking on their new book dealing with Hastings Civil War veterans and David Page, an expert on the works of F. Scott Fitzgerald.

Gunda Davis, a resident of Bettendorf, IA, tells her story in *Pumpkin Soup and Shrapnel - Growing up Under the Third Reich*. The Quad City times says of Gunda's book, "In clear, concise prose rich with detail, Gunda Davis writes of the conditions that spawned the rise of Hitler, the hold that he had on people and the pain and suffering that his dictatorship ultimately brought. The riveting narrative takes readers into Davis' comfortable, cultured world as it turns into hell marked by gas mask drills, bombings, starvation and frequent moves to escape the chaos."

Eric Dregni, Assistant Professor of English at Concordia University, St. Paul, and a Fulbright Scholar to Norway, has told of his adventures in his book, *In Cod We Trust*. In this cross-cultural memoir, Dregni tells the hair-raising, hilarious, and sometimes poignant stories of his family's yearlong Norwegian experiment. Among the exploits he details are staying warm in a remote grass-roofed hytte (hut), surviving a dinner of fermented fish thanks to 80-proof aquavit, and identifying his great grandfather's house in the Lusterfjord only to find out it had been crushed by a boulder and then swept away by a river.

EGGS FOR SALE

Beautiful, large brown eggs are now available for sale @\$3.00 per dozen at the LeDuc Historic Estate. These are eggs being laid by the heritage hens that last summer came to the LeDuc as baby chicks. After spending the winter at the farm, these hens will again return to the LeDuc chicken coop in May, along with the baby chicks that were hatched at Pinecrest School. Help support the LeDuc Chicken Project by purchasing these eggs which are just in time for your Easter baking. Call 651-437-3365 to place your order.

CITY-WIDE GARAGE SALE

One of the stops you will want to make is the LeDuc Historic Estate during the City-Wide Garage Sale, May 6 & 7. There will be treasures in abundance and plants will be available for spring planting. Matching funds will be provided by Dakota-Washington County Chapter of Thrivent Financial for Lutherans. Proceeds from the sale will be used to fund the free school tour programs and other youth activities.

AAUW Mission Statement

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

AAUW Vision Statement

AAUW will be a powerful advocate and visible leader in equity and education through research, philanthropy, and measurable change in critical areas impacting the lives of women and girls.

Minnesota State Website

www.aauwmn.org

Hastings AAUW Board Members

- President : [Glenda Schnirring](#)
- Past President [Pat Powers](#)
- VP Membership:
[Cindy Toppin & Jane Driscoll](#)
- VP Program: [Diane Saed](#)
- Secretary: [Lisa Hedin](#)
- Treasurer: [Nancy Kerestes](#)
- Community: [Margaret Goderstad](#)
- EF/LAF: [Peggy Horsch](#)
- Newsletter: [Mary Memelink](#)
- Legislative: [Kay Leadholm](#)
- Educational Issues:
[Susan Cruse](#)
- Hospitality:
[Patty Todnem & Darla Kimmes](#)
- Historian: [Trudy Cragg](#)
- Diversity: [Margaret Cox](#)
- Book Club: [Shirley Tammen](#)
- Gad-Abouts:
[Verna Fuller](#)
- Garage Sale:
[Pat Hanson & Pat Powers](#)
- School Supply Drive:
[Cathy Sery & Mary Ellen Olson](#)

Treasurers Report

Nancy Kerestes

Our current checkbook balance is \$1501.15. I will be presenting our 2011-2012 budget for approval at the April meeting. Also, it is almost time to renew your AAUW membership for 2011-2012. Remember to bring your checkbook to the April meeting so you can take care of it early. Dues are once again \$70.00. The National organization receives \$49.00 of which \$46.00 is tax deductible. State dues are \$12.00 and the remaining \$9.00 remains with our branch.

AUW Hastings Branch - General Meeting Minutes March 28, 2011

Osteoporosis and Vitamin D's Role in Prevention: Bone up on Bones, a presentation sponsored by AAUW, the Regina Foundation, Allina Clinic, Regina Medical Center, and Hastings Area YMCA served as the March business meeting. Speakers included Dr. Jennie Orr, Allina Medical Clinic, Family Practice; Dr James Mylrea, Regina Medical Center, Radiologist; Liz Auge, Registered Dietician, Regina Medical Center; and Deb Lyness, Personal Trainer, Hastings Area YMCA. Calcium rich refreshments and conversation followed in the Fellowship Hall.

Approximately 150 members and community members attended the event.

Dr. Jennie Orr covered the scope and seriousness of osteoporosis. She reviewed risk factors and spoke on fracture prevention: adequate calcium and vitamin D from childhood on; maintaining a healthy weight throughout lifetime; avoidance of tobacco, excess alcohol and fizzy drinks, especially colas; regular weight bearing exercise, and know and manage additional risks, including post menopause. Dr. Orr covered treatments for osteoporosis, starting with lifestyle adjustments and if necessary disease specific medications.

Liz Auge spoke about nutritional choices and their effect on osteoporosis. Since our bodies are not able to produce calcium, it is necessary to get it from other sources the best of which is our diet. Liz highlighted dietary sources of calcium. She also shared sources of Vitamin D, which aids in the adsorption of calcium.

Deb Lyness shared that balance, coordination, flexibility and weight-bearing exercises are all needed to prevent fractures. The first three reduce our probability of falling and the last encourages our bones to add new cells.

Dr. James Mylrea spoke about the "gold-standard" for Bone Mineral Density measurement, Dual-energy x-ray absorptiometry, DXA.

There were numerous questions following the presentations, and all presenters stayed afterwards and engaged in lively conversation with attendees.

Respectfully Submitted, Lisa Hedin - Secretary

Newsletter Information

If you wish to submit an article, news item, correction, or want to change the way you are receiving the newsletter, please contact Mary Memelink, newsletter editor:
Email: mmemelink@aol.com or hastingsaauw@gmail.com
Phone: 651.437-8204

Be sure to add the [above email addresses to your address book](#), to ensure the newsletter doesn't land in your Junk Mail.

Did you know?

Members can find their AAUW Member ID # on the *AAUW Outlook* mailing label or by using the Member ID Look-up link which is also available from the log-in page of the Member Center. It also is the # above your name on the *Pine*.