

Meetings will be held at the Koppernick Tech Center, located just east of I-275 on Koppernick Rd.

The Tech Center is comprised of 2 buildings. We will be located in the southeast corner of the southern-most building. Look for the entrance to BeckRidge Productions.

Board of Directors

Helene Lusa, President	421-6408
Dawn Parker, Program VP	207-5596
Diana Wilcox, Co-Membership VP	591-2597
Shirley Zaetta, Co-Membership VP	455-6366
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Gail Conte, Recording VP	674-2829
Marie Mack, Correspondence VP	427-3552

October Branch Meeting

Thursday, October 21

6:30 p.m.



It's already October and holiday events are right around the corner. All of us are busy with home, family, careers and other challenges this time of year. Our speaker for our October 20th branch meeting will give us some tips on how to relax and combat the stress that we experience in our lives.

We will welcome Janet Schrock, a massage therapist and instructor at Irene's Myomassology Institute in Southfield, Michigan. Janet believes in a holistic approach of balancing body, mind and spirit. She is knowledgeable about health issues, massage








techniques and reflexology. Janet's chosen career helps people from all walks of life and as an instructor, she helps train others who desire careers in massage therapy. Please plan on joining us for an evening with good friends, delicious food and a chance to learn more about women's health.

Dawn Parker, Program V.P.

Dinner will be provided by Mickey Edell. We ask for a contribution of \$8.00 per person.



"Fall Feast" Menu:

-  Pomegranate Cranberry Salad
-  Tastes Like Thanksgiving Casserole
-  Corn and Green Bean Casserole
-  Praline Sweet Potatoes
-  Rolls and Butter
-  Pecan Pumpkin Cheesecake
-  Skillet Apple Pie



From the President:

Happy October. There really isn't anything like a Michigan fall – especially when it comes to the color show nature gives us every year. I hope you are enjoying it.

Our meeting this month focuses on an area of Women in Leadership that doesn't get much attention – stress and how to relieve it. Janet Schrock, a massage therapist, will show us ways to relax and combat the stress that comes with being an active, involved woman in the 21st century. We will also enjoy a Thanksgiving repast prepared by Chef Mickey. Please set aside Thursday, October 20, 2016, for a delicious meal and a RELAXING and STRESS-FREE time with AAUW friends.



As most of you know, the annual children's play is a major branch activity and fundraiser. This year the play is Cinderella and will be directed by Laurie Kempisty and Kathy Kish. You do not have to be an Academy Award winner to take a part. Tryouts are Thursday, October 27th, at Mickey Edell's house. For more information on being a part of this enjoyable event, please contact Laurie or Kathy.

On a personal note, I joined AAUW in 1982 because a teaching colleague (Bill Riley, husband of member Coralyn Riley) suggested I might enjoy doing the play. He was right. I have been in every one since 1984 and can't wait for this one. Cinderella was actually the first play I ever did and the late Doris Fedus (Sally's Mom) was my dancing partner. Thirty-plus years later, I still enjoy the glow of performing for children.

Please note that we do not have a meeting in November and our December meeting will be our holiday celebration full of fun, music, food and raffles. Hope to see you on December 1st to start the holidays off right!

Helene

National Conference for College women Student Leaders

Our Plymouth Canton Branch has been sending a college student to the NCCWSL conference since 2009. The leadership conference is a two-and-a half day conference focused on important and contemporary leadership issues. The conference is held at the University of Maryland. Dates have not been selected for the 2017 conference. The conference is typically held the last week-end in May.



We need your help finding a candidate for the 2017 NCCWSL conference. If you know a young woman who would be interested in attending the conference please ask her to contact Diana Wilcox. When dates are determined they will be published in a future Catalyst.

Diana Wilcox

Diana_Wilcox@att.net

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Becky Copenhaver - Retired, but Oh So Busy!!!

Becky responded to the September Catalyst:

Yes, retirement is grand, isn't it? Although I must say I have become a procrastinator since retiring, as there is always the next day to do errands. I will not be able to attend the branch meeting as we will be in N. Carolina. You asked what we have been doing. Recently I spent 8 days in Louisiana helping with child care for victims of the floods. Hearing such heart wrenching stories from the children as many lost everything: their special clothes, favorite toys, and often times their pets. We provided the child care in different centers so the parents could have interviews with FEMA, signing up for food, shelter, etc. Not sure where I will be asked to go next, but my suitcase is ready as we had less than 24 hrs. to get ready last time. I'll be glad to share more if you want. Thank you, Becky



A note from Jan Blumberg:

I have decided to end my membership. I had hoped I would have been able to make a few of the meetings over the years; but was unable. Please extend my thanks and love to the fellowship shared in our organization. I do know that if events and timing changes, I would have a special group with which to return. All my best, Jan



BRING - A - BRAG

Please allow me to brag about my son, Dan. An article about his work, titled "Deep in the Swamps, Archaeologists Are Finding How Fugitive Slaves Kept Their Freedom" is in the September Smithsonian Magazine. Use the link below or Google "Dismal Swamp in Smithsonian Magazine", if you are interested in reading it.

<http://www.smithsonianmag.com/history/deep-swamps-archaeologists-fugitive-slaves-kept-freedom-180960122/>

-Sue Sayers



Fall is here! Can you feel it in the air? We are looking forward to another year full of American Association of University Women activities. Are you ready? The program committee has many interesting programs planned.

We look forward to seeing you at the October branch meeting. If you have not paid your membership dues, you can send them to Sue Sayers. If your contact information has changed please send updated information to Sue Sayers Suesayers357@gmail.com 357 N Evergreen, Plymouth, Michigan 48170

See you October 20th!

Membership co-chairs: Shirley Zaetta and Diana Wilcox



From the Editor:

Please take note about the delivery of the Catalyst and other possible messages. I am now using my home email which is: suesayers357@gmail.com Use this email to contact me, as my old Madonna University email is no longer valid.

Any time I send something to the branch membership, the Subject Line will start with aauw. You will always know that the email is from me and that it communicates something about our Plymouth-Canton Branch.

By now you should have received your 2016-2017 Directory. Please let me know if your information needs updating. Thanks, Sue Sayers

What are you doing now? What is your news?

BRING-A-BRAG is a new feature. I'm starting it, but am looking forward to sharing your Brags. Please send info to my email.

Sue Sayers, Editor

AAUW: WHAT WE DO

Mickey, Public Policy Director

Our advocacy includes lending our name to an issue and speaking up on Capitol Hill. But it is also about AAUW members and all citizens concerned with equity and being knowledgeable and aware of the current status of important issues. Our issues include the following:

CIVIL RIGHTS

AAUW advocates for equality, individual rights, and social justice for a diverse society. This includes affirmative action, the ERA, federal justice nominations, hate crimes prevention, human trafficking, support of LGBT persons, and reproductive rights

ECONOMIC SECURITY

AAUW advocates for all women to achieve economic self-sufficiency. This includes health care, pay equity, paid sick days, retirement security, and work-life balance.

EDUCATION

AAUW supports a strong system of public education that promotes gender fairness, equity and diversity. This includes career and technical education, common core standards, disabilities, assistance for needy families, higher education, school vouchers, STEM education, and sexual harassment and violence in school.



TITLE IX

AAUW supports vigorous enforcement of Title IX and all other civil rights pertaining to education. This includes equity in school athletics, sexual harassment and violence in school, and single sex education.

This is certainly a comprehensive agenda, and we should all feel proud to support the issues of this premier organization for women.

*Please join us to hear our speaker's message,
for dinner and chat with friends.*