



Orlando *** Winter Park BRANCHLINE

JANUARY PROGRAM

Roula Anderson RN, LME



Roula Anderson is the Founder of PISTY DERM and PISTY Wellness & Health, the Greek-Centered Approach to a longer happy life, using ancient Greek botanical remedies that deliver exceptional results.

A Registered Nurse, a Licensed Medical Aesthetician and a Skin care Educator, Roula has two decades of successful experience in the Medical and the Aesthetics field.

A strong believer in the power of positive thinking in life and in the workplace, Roula has developed a unique wellness approach rooted in the father of medicine—Hippocrates—who believed in the harmony of the body and mind.

As a trained organization and productivity consultant, Roula is specialized in Chronic Disorganization, coaching adults with Attention Deficit Disorder and time management to maintain order in all areas of life. She shares her proven systems, tips and tools through engaging, interactive presentations designed to leave attendees feeling motivated, clear and confident about their next action steps.

Roula was born and raised in Greece on the beautiful island of Samos. She has lived in Florida for 35 years. Roots in Greece, heart in Florida, she loves calling Orlando home.

In 2018, Roula began Love With No Limits International Ministry in Ghana, West Africa—an outreach focused on empowering and improving the lives of African youth through life-enriching programs that educate, inspire, and affirm the Christian faith.

Roula enjoys reading, baking, and cooking but can also be found on long walks on hilly country roads. In December 7, 2019, she accomplished a half Marathon—something she had on her bucket list for a long time!

Our originally scheduled speaker, Dr. Nancy Rudner, had to cancel her talk for us. We hope to have her back another time to speak about her work with refugees. We are grateful to Roula Anderson for stepping in on short notice.

GENERAL MEETING

SATURDAY

January 11, 2020

9 a.m.

**First Congregational Church
of Winter Park**

**225 S. Interlachen Avenue
(at New England Ave.)
Winter Park, FL 32789**

**\$18.00 per person
Reservations Required**

**RSVP: Ginny Gillmer
505-379-5484**

or

aauw.Virginia.gillmer@gmail.com

**Cash or check
payable at the door
(Checks should be made out to
"AAUW Orlando/Winter Park")**

Or mail your check to:

Ginny Gillmer

588 Citrus

Oviedo, FL 32765

**You must RSVP no later than
Wednesday, January 8!**

***You are responsible for payment in full if
you do not keep your reservation.***

From the President



Leslie's Tips for No Diet Weight Control to Start the New Year

Many members of our Branch approached me after my presentation on the evolution of obesity and asked: "so now what, how do we lose weight?" My disclaimer is that I am not a nutritionist, dietitian or doctor. I am a biomedical and nutritional anthropologist, so my approach to weight control is based on evolutionary medicine and psychology. Through millennia of natural selection and other evolutionary forces, humans are neurologically and physiologically 'hardwired' to enjoy food and eating and culturally-conditioned to do this in ways that are socially acceptable (cannibalism is rare) and energy conserving in the acquisition and preparation of food. The current nutritional 'landscape' makes this very easy to overeat and gain weight. Psychological constant with hypervigilance in this obesogenic environment can lead to depression and eventually disinhibition, so we go off restrictive diets and regain weight.

My personal mantras: "A treat a day keeps the pounds away. Two treats a day and they are here to stay;" and "Moderation not deprivation." Here are some fairly easy changes to your food landscape or environment that are proven to reduce food intake.

One Time Changes to Reduce Food Intake

1. Change to smaller plates and bowls. Use your salad plates instead of dinner plates. A smaller portion of food will fill the plate, look like a lot, and satisfactorily fool your sense of the amount consumed while cutting calories. Note: we 'eat with our eyes' and are not very sensitive to amounts consumed or their caloric density.
2. Change to smaller utensils – use your teaspoons and salad forks rather than tablespoons and dinner forks. You will eat less and it takes a little more effort.
3. Use tall glasses rather than short wide glasses. It looks like more in the glass. It is an optical illusion that the vertical line looks longer than the same-length horizontal line.

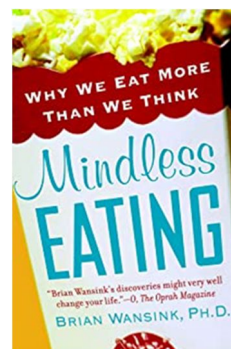
Repetitive Changes to Reduce Food Intake

4. When you have more of an item available, you will eat more. So buying large quantities (bulk) saves money but leads to over-consumption. As soon as you get the items home, divide them into individual boxes, bags and/or reappportion the items into single-serving or family-serving sizes that are smaller. Keep the smallest amounts/numbers handy and keep the rest in places more difficult to reach—high shelves, garage freezer, back of the refrigerator. Small changes in effort lead to significant reductions in intake. Here is just one example from Brian Wansink's many terrific experiments (see his book *Mindless Eating*): University secretaries who had clear jars of Kisses on their desks eat 5 1/2 kisses (125 calories) more per day on average than secretaries whose jars were placed 6 feet (2-3 steps) away on an easy to reach shelf. Out of sight/out of mind plus an inclination of to be energy efficient. Number 5 is another example of this principle.
5. Do not serve family style on the dining room table or counters. Leave food in the kitchen. People will need to get up to get more. If you do have food on the table, cover it so it cannot be seen. In the example above, secretaries consumed fewer Kisses if the jars were opaque rather than clear.
6. Do not take large bags, boxes, cans of food into areas where you are engaged in other activities like watching TV, working on your computer, reading. The tendency is to keep eating until you either run out of food or complete the task. That is mindless eating.

These consistent changes in your food environment can lead to weight loss by reducing the volume of food that is eaten.

Leslie Sue Lieberman, Ph.D.

President, AAUW Orlando/Winter Park Branch
Professor Emerita UCF





LET'S CELEBRATE!

- ♦ 2020 marks the 100th anniversary of women's right to vote in the United States.
- ♦ Feb. 14, 2020, is the 100th birthday of the national League of Women Voters.
- ♦ Feb. 15, 2020, is the 200th birthday of leading suffragist Susan B. Anthony.

The League of Women Voters of Orange County will present an all-star program, led by headliners Linda Chapin and Marty Haynie, that includes dramatic readings by costumed characters, portraying 19th century suffragettes, live music, and refreshments.



Event collaborators: **Orlando/Winter Park Branch of the American Association of University Women, the Central Florida International Black Women's Congress, and the League of Women Voters of Orange County.**



Selecting the refreshments menu and decorations are Maria Luciano of Rio Pinar; Dr. Leslie Sue Lieberman, AAUW president; and Joan Erwin, chair of the League's History Committee.

FEBRUARY 15, 2020

2 p.m.

Rio Pinar Country Club

8600 El Prado Avenue, Orlando, FL 32825

407-286-6920

"The Heart of the Matter is Voting"

Buy or Reserve Your Ticket NOW! Or pay at the door.

\$20/ticket donation for a once-in-a-lifetime event!

Send your reservations and checks to Ginny Gillmer

505-379-5484, aauw.Virginia.gillmer@gmail.com.

Cash or check also payable at the door

(Checks should be made out to "AAUW Orlando/Winter Park")

You can also mail your check to: Ginny Gillmer:

588 Citrus, Oviedo, FL 32765

Proceeds support our scholarships.

VP Membership

Welcome to our New Member



Ruth Young
Ruthieyoung420@gmail.com
Barnard College, B.A, Psychology, 1956
Harvard School of Edu., M.A. Edu., Admin., 1982

Maria Bonnet

SAVE THESE DATES!!

**FEB. 15, 2020—"THE HEART OF THE
MATTER IS VOTING"**
(see p.3 for more information)

FEB. 16, 2020—National Conference for College Women Student Leaders (NCCWSL) early-bird registration ends and national scholarship applications close.

MAR. 7, 2020—LITERARY LUNCHEON

Scholarship



**PLEASE TELL YOUR FRIENDS,
FAMILY, AND NEIGHBORS ABOUT
THIS SCHOLARSHIP OPPORTUNITY**

Applicants must be women studying in a STEM field at a local regionally accredited college/university. AAUW members are also eligible to apply.

Past recipients have been awarded between \$500 and \$2,000.

The application is on the website and the deadline is March 1, 2020.

VALENCIA COLLEGE FOUNDATION SCHOLARSHIP

This AAUW Endowed Memorial Scholarship (# 1178) is the perfect opportunity to make a charitable contribution or a memorial gift. You will receive a receipt from this non-profit organization.

Contact: Elvin Cruz, Administrative Manager/College Scholarships, Valencia College Foundation, 1768 Park Center Drive, Orlando, FL 32835.

For more information, contact: Karen Buchan (kgb@unknownegg.org) or Rosemary Vendena (rovendena@hotmail.com.)

Karen Buchan

AAUW Holiday Party at PACE



AAUW members — You are just **awesome!** The Miracle Bags were all returned in beautiful arrays of designs and colors, and all were returned on the requested day!

A big thank you to all who shopped for wishes, donated extra smaller items, and helped to complete the bags in our "assembly line" after our Saturday meeting. All of the requested wishes of our PACE girls were met. Our AAUW "village" is amazing!

The PACE Holiday Party took place on Friday, December 20. Two craft activities were offered, headed by Pat Stamm and Karen Brannen, a friend of AAUW. Judging from the smiles on the girls' faces, the crafts were quite a hit. Thank you to our two leaders and their volunteer helpers.

A delicious brunch followed the craft activities. Roberta

Cooper was our chef of egg muffins for the second year in a row. We all hope this will become a tradition, as there were several requests for the recipes. Many other dishes accompanied the eggs, and no one left hungry. Several AAUW members came to help with the party, and their assistance was greatly appreciated.



The Miracle Bag opening was just unforgettable! There were whoops and hollers of pure excitement as the girls sorted through the gifts that you all picked out for them. There were many thrilled girls at PACE, with thank you's all around. There is no doubt that our Miracle Bags were a highlight in many young lives. Thank you to everyone who was able to participate in any way to the AAUW Holiday Party for PACE.

Karen Gillett

Director for Development



Our Branch continues to show leadership in many ways, not least of which is our fantastic record of fundraising. I am so proud to let you know that, including some very recent contributions, we sent a total of \$1,366 to the *Legal Advocacy Fund*.

This is money straight from our hearts to support brave women who are willing to fight for paycheck equity and freedom from sexual harassment on college campuses and in the workplace ON OUR BEHALF. They stand up in courtrooms for our daughters, our granddaughters, our nieces, our neighbors, our future, and they appreciate knowing we stand with them.

In other fundraising news, **Pat Curenton** and **Robin Seibert** have retired from managing our 50+50 fund at the meetings. I hope you will join me in thanking both of them personally and wishing a return to good health for Pat. **Mary Himes** quickly volunteered to take that position, so you can look for Mary with the tickets beginning March 7 at the Literary Luncheon.

Our new leaders for the silent auction at the Literary Luncheon are **Jocelyn Deprez** and **Ann Copenhaver**. Please contact them if you have ideas for a restaurant or merchant who would make a donation of merchandise or gift card, or if you have something to donate to the auction. Both the 50+50 and the silent auction benefit our local scholarships and grants.

Reminder: You can find Pat Curenton, Robin Seibert, Mary Himes, Jocelyn Deprez, Ann Copenhaver and Rosemary Vendena in our directories. Our directories are on our easy-to-use website, and Linda Fessel will assist anyone who needs help to navigate there. Or you can always use the printed directory. Share your ideas!

Rosemary Vendena

A SPECIAL TOUR OF PACE CENTER FOR GIRLS

A tour of PACE Center has been scheduled for Wednesday, January 22, 10:30 a.m. This will be a wonderful opportunity to tour their building, learn more about everything they are doing in and outside of the traditional classroom, and perhaps meet a few of the girls. Their classrooms are so inviting, creative and conducive to active learning. Did you know that our AAUW branch created their library and then recognized us by naming it for long-time member Martha Williamson!

The tour is open to all AAUW members whether you have been there many times, never been there, or have helped with our Thanksgiving lunch or Holiday brunch/miracle bag distribution but never toured the school. We will plan to have lunch afterwards; location TBD.

Please add your name to the sign-up sheet that will be available at the January meeting.

For more information, contact: Karen Buchan at kbg@unknownegg.org

GENERAL MEETING, DECEMBER 14, 2019



Gabe Preisser with accompanist Lynn Peghiny entertain with a holiday presentation to kick off the season.

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FROM OUR MEMBERS

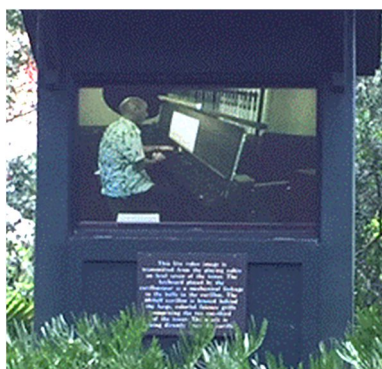
On December 12, 2019, Exploring Central Florida spent the day at Bok Tower. Many of us had visited the tower and gardens years ago but agreed that the changes made over the past years created a totally new experience.



Rosemary, Dee, Mary, and Linda take the Holiday Home Tour at Pinewood Estate.



In the Blue Palmetto Cafe



Thanks to modern technology, the audience can now watch the *carillon*neur on a monitor as he plays from his perch 100 feet high in the Singing Tower.



Pearl Steele celebrates her 98th in Hawaii with family and friends.



Dining In toasts the holidays at a brunch at the home of Lynda Hinckley on Dec. 13.



Dining Couples 1 hopes more of you will sign up to create a Dining Couples 2.

Interest Groups



JANUARY

Please take time to read through the list of interest groups and add a new interest to your life in the new year!

Also, note: The Theatre Group is in need of a new leader. If anyone would be interested in taking on

this role for the remainder of the year (the plays and dates have already been selected), so the main task will be communicating with the attendees.

Joan Liberman

Interest Group Chair
libermanjoan@gmail.com

Booklovers

Happy New Year! This year, New Year's Day falls on the first Wednesday of the month, and four of our Booklovers Groups meet on the first Wednesday of the month. Booklovers II, VIII, and IX will meet the second Wednesday (January 8) for January only. Members of Booklovers VII need to contact their Group Leader to see about a change of date. Meeting time for Booklovers IV has changed to January 17 at 10 in the Lake Mary Library. Please talk with your Group Leader to see date changes for the rest of the year

Most Groups are reading *Becoming* by Michelle Obama but Group VII is reading *Where the Crawdads Sing* by Delia Owens.

Group Leaders, please remind members that our January dues of \$10 are due. When collected, please submit them to Phyllis Hall.

If you would like to be a Booklover, please contact Ellen James. ellenjames54@gmail.com

Booklovers Lite (aka Booklovers III): Meets at Marbeya Condominiums on the 4th Wednesday of the month from 1 to 3. Our next meeting will be on January 22, and we will discuss the book "The Pursuit of Alice Thrift" by Elinor Lipman. We have a few vacancies, and if anyone is interested, contact Karen Deo at Karen.deo@gmail.com.

Cooking Globally: There is no meeting in January. The next Cooking Globally will meet on February 28 with food from Chile. Penny Potter will host. This is a fun group that gathers quarterly to try new cuisines with everyone bringing a dish. Members and guests are always welcome! Adrienne Katz and Linda Hammersla are co-chairs. For more information, contact Adrienne Katz at katzaid@yahoo.com.

Current Issues: Meets monthly on the 3rd Monday from 10 a.m. to 1 p.m. There will be a planning meeting in January. For more information, contact Marcy Kysilka: Kysilka@bellsouth.net

Dining Couples: The next Dining Couples will be held at Rosemary and Ken Vendena's home on January 18, 2020. We would like to have more interested members so we can have two groups of eight in 2020! For information about this group, contact Eileen Garrison at 407-620-9703 or Eileengar@msn.com.

Dining In: Meets monthly on the first Friday. Dining In will not meet in January. They will next meet on Friday, February 7, at noon, at the home of Eileen Garrison. Contact Jane Rosen for more information about this group: 321-295-7689 or mjcroser@hotmail.com.

Dining Out (at night): Dining Out meets at 6:30 p.m. on Tuesday, January 21. The restaurant has not yet been chosen. If you'd like to join this group, contact Susan by noon on Monday, January 20. (407-637-6857) or shoke5581@gmail.com

Exploring Central Florida (ECF): ECF will travel to Ponce Inlet on Thursday, January 9. More details will be sent to those who sign up. Contact Cheryl Breland, Leader: (813-453-6865) or cheri3745@yahoo.com. Please contact Cheryl if you would like to assist her as co-leader. To be added to the contact list, please contact Temp. Chair Linda Fessel at lfessel@embarqmail.com.

Foreign Affairs: For information about this group, contact Dee Fuentes (407-310-1154) or tucu662@gmail.com.

Foreign Films: Meets on the last Monday of the month at 1 p.m. Our next film (TBA) is on Monday, January 27. For more information contact Linda Fessel at lfessel@embarqmail.com.

Interest Groups (Continued)

Lunching Out: Our next lunching out (TBA) will be on Monday, Jan. 13, at 11:30 a.m. For more information about place, time, and location (or to be added to the email list), contact Linda Fessel at LFessel@embarqmail.com

MahJongg: MahJonggers will meet on Thursday, January 2, 9, 16, 23, & 30. Beginners welcome. For more information, contact

Linda Fessel: LFessel@embarqmail.com or

Karen Deo: Karen.deo@gmail.com

Theater Group:

Each AAUW member needs to purchase her own ticket for the Sunday Matinee performance listed at right. We will meet in the theater lobby at 1:45 p.m. We will also have a get-together after each play for cocktails and conversation plus whatever you may want to order to eat. The restaurants for these after-play get-togethers will be announced by email before the date of the play. You may ask the Box Office to be seated near the AAUW Group.

WE ARE LOOKING FOR A NEW HEAD OF THE AAUW THEATRE GROUP TO FINISH THE 2020 SPRING SEASON.

Jean Bubriski is moving to Jacksonville, but she will help the new person or persons. In the meanwhile, let Joanie Liberman know if you can serve as theater head and if you are going to this play. Her number is 321-972-2163 and email is libermanjoan@gmail.com.



Sunday, February 2, 2020
2 p.m.

Becoming Dr. Ruth
by Mark St. Germain

America's Sex Therapist Ruth Westheimer recounts her extraordinary life's journey from fleeing the Nazis to struggling to succeed as a single mother in America.

Orlando Shakes
812 E. Rollins St., Orlando, FL 32803
(407) 447-1700

- ♦ 2020 marks the 100th anniversary of women's right to vote in the United States.
- ♦ Feb. 14, 2020, is the 100th birthday of the national League of Women Voters.
- ♦ Feb. 15, 2020, is the 200th birthday of leading suffragist Susan B. Anthony.

While we celebrate these milestones on Feb. 15 at Rio Pinar, member Adrienne Katz reminds us not to forget about the economic gender gap.

Women around the world aren't expected to see equal pay until 2277 at the current rate of change, according to findings from the Global Gender Gap Report 2020, which measured the gender gap from 153 countries across economics, politics, education and health.

The big picture: Though the report says that women in the U.S. are "relatively well-represented" in high management roles, the global economic gender gap is expected to wid-

en for several reasons: Women are highly represented in jobs being displaced by automation, aren't entering professions with high wage growth, and spend more time than men in caretaker and volunteer roles.

The findings: It would take almost 100 years to close the broader gender gap across economics, politics, education, and health for the participating countries. In terms of just equal pay, it would take longer — 257 years, up from 202 years since last year's report.

- The U.S. dropped two spots on the gender parity rankings since last year, falling to 53rd.
- Iceland was recognized as the most gender-equal country for the 11th year in a row.

Yemen ranked lowest on the list.

[Many thanks to Adrienne for sharing this gloomy but important report.]

The Orlando/Winter Park Branch of the AAUW

THE 19TH ANNUAL SPRING LITERARY LUNCHEON

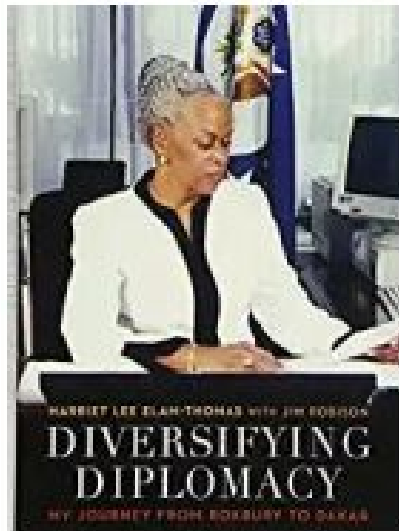
SATURDAY, MARCH 7, 2020

11 a.m. to 2 p.m.

Interlachen Country Club

2245 Interlachen Ct, Winter Park, FL 32792

Cost: \$45



**Author and Diplomat,
Ambassador Harriet Lee Elam-Thomas**

Will discuss her memoir

***Diversifying Diplomacy:
My Journey from Roxbury to Dakar***

"*Diversifying Diplomacy*, the memoir of Harriet Elam-Thomas, is more than just a personal history, more than just a 'her-story.' It is the timely narrative of an African American woman weaned in black Boston on family pride and ambition, liberated through education, inspired by civil rights battles, and mentored to the top by fellow travelers and battle-scarred elders. Hers is a great American story. It is fact, not fiction. It's real."

[Milton Coleman, retired senior editor of the *Washington Post*]

Reservation Form

Reservations must be received by Monday, March 2, 2020

Name: (clearly print first and last name) _____

Phone or email address: _____

Please reserve _____ seats @ \$45 Total \$ _____

_____ Number of vegetarian entrées

Use reverse side to list others to be seated at your table—up to 8 persons total
(Please PRINT first and last name plus contact phone or email.)


Mail Reservation Form with check payable to: "AAUW-Orlando-WP"
to Diana Secor at 4153 Leafy Glade Place, Casselberry, FL 32707

Questions: dianasecoraaauw@gmail.com/cell phone 407-929-3735

I am unable to attend but would like to donate \$ _____ to AAUW

ORLANDO-FL.AAUW.NET

JANUARY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Year's Day 	2 <u>1 p.m.</u> Mah Jongg	3 <u>1 p.m.</u> B-Lovers X	4
5	6	<u>1 p.m.</u> B-Lovers I	8 <u>11 a.m.</u> B-Lovers VIII <u>11:30 a.m.</u> B-Lovers IX <u>11:30 p.m.</u> B-Lovers II <u>1 p.m.</u> B-Lovers VII	9 <u>All Day</u> Exploring Central Fl. Ponce Inlet <u>1 p.m.</u> Mah Jongg	10	11 <u>9 -11 a.m.</u> General Meeting
12	<u>11:30</u> Lunching Out	14 <u>12:15 p.m.</u> B-Lovers VI	15	16 <u>1 p.m.</u> Mah Jongg	17 <u>10:30 a.m.</u> B-Lovers IV	18
19	<u>10-1</u> Current Issues	21 <u>1 p.m.</u> B-Lovers V <u>6:30 p.m.</u> Dining Out	22 <u>1 p.m.</u> B-Lovers Lite	23 <u>1 p.m.</u> Mah Jongg	24	25
26 <u>1 p.m.</u> Foreign Affairs	27 <u>1-4</u> Foreign Films	28	29	30 <u>1 p.m.</u> Mah Jongg	31	

We strive to get all the days and times in the correct boxes. However, with New Year's Day conflicting with Book-lovers, scheduling may have gone off the rails. Always check with your B-L chair to verify date and time.