



## Orlando \*\*\* Winter Park BRANCHLINE

### NOVEMBER PROGRAM



Our guest speaker this month is Dr. Scott Lubaroff.

Dr. Lubaroff's presentation ***The American Band: What's in a Name and So Much More*** relates the

fascinating history of the development and diversity of bands—marching bands,

concert bands, military bands, dance bands, symphonic bands, jazz bands. He will incorporate clips of music from these different bands.

Professor of Music and Director of Bands at the UCF, he conducts the award-winning Wind Ensemble and oversees four concert bands, chamber winds, the 400+ member Marching Knights, and the Jammin' Knights Pep Band. Under his direction many of these groups have made commercial recordings.

He is a performing musician, a composer, a widely sought-after conductor in the US and internationally, a teacher, and an author of articles and a book on the neo-classical wind music of Igor Stravinsky. He earned his DMA from Michigan State University, and MFA, MA, and BM degrees from the University of Iowa. He has been the recipient of many awards, and at the University of Central Missouri (2005-17) received the Governor's Award for Excellence in Education. Dr. Lubaroff is a passionate advocate for the development of new music for mixed winds and for combined acoustic and electro-acoustic instruments. He is a member of many professional organizations and is a staunch defender of music education in America's schools



#### SATURDAY BREAKFAST PROGRAM

**Saturday, November 9, 2024**

**9:00-10:30**

First Congregational Church of Winter Park

225 S. Interlachen Ave., Winter Park

**COST: \$20**

#### HOW TO PAY

1. Cash or check at the door or
2. Zelle
3. Send check to the following:

AAUW

P.O. Box 884

Winter Park, FL 32790

(allow 5 days delivery time)

Make check payable to

AAUW-Orlando/Winter Park

**RSVP BY WED., NOVEMBER 7**

**USE THE RESERVATION EMAIL BELOW:**

**[AAUWreserve@gmail.com](mailto:AAUWreserve@gmail.com)**

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

# From the President



November is our Get Out the Votes month – and this year, being a Presidential Election year is, arguably, an extremely important year. Every year, our votes are important, but in our current political climate, it is more important than ever to exercise this right. AAUW is working to empower women on many fronts. These include:

**EDUCATION**

The STEM GAP, Gender Bias in Schools, Title IX

**WORKPLACE & ECONOMIC EQUITY**

Gender Pay Gap, Motherhood Penalty  
Gendered Workforce

**LEADERSHIP:**

Barriers & Bias, Implicit Bias Test

We urge you to go to our AAUW National Website and explore the issues and projects of AAUW [aauw.org](http://aauw.org)

Since November is the start of the Holiday Season in the U.S. with Thanksgiving taking a starring role in November, here are two questions for you:

**\*\* How many turkeys do Americans prepare each Thanksgiving?**

Answer: 46 million. Most American families wouldn't dream of foregoing turkey on this day (although it is not super popular the rest of the year) probably because it can serve large gatherings.

**\*\* According to the Guinness Book of World records, how much does the heaviest turkey on record weigh?**

Answer: 86 pounds. According to Guinness, this was a turkey named Guinness auctioned in London. For comparison, a typical Thanksgiving turkey usually weighs about 15 lbs.

Wishing our members a good November, including family, friends, and celebrations!

*Diana Secor, President*  
AAUW, Orlando/Winter Park Branch

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Contact Judy McDonald if you hear of any member who is ill, having surgery, experienced a loss, etc.

## REVIEW OF FALL PREVENTION STRATEGIES



Nicole Dawson, PT, Ph.D

On Wednesday, October 23, the University Club of Winter Park and the Orlando/Winter Park branch of AAUW, sponsored jointly a program on fall prevention strategies. Every seat was taken by 102 attendees. The first-time event was free and open to the public to hear noted

lecturer, Dr Nicole Dawson, of the UCF's College of Health Professions and Sciences. She enlightened the audience with revelations about the statistics and likelihood of falling and gave tips about avoiding falls. It was a pleasure to pay attention, not only to her clear explanations, but because the audio/visual system worked perfectly! She gave her surprise (to me) opinion that all of us need to get a falling risk assessment before we are hurt and are prescribed physical therapy! Dawson's listeners seemed completely engaged.

Personally, I could think only of one improvement that should be implemented for our next public service program. We need a table displaying our brochures, interest groups, etc. Some little bites and beverages would be a good draw to get attendees to the table! Another way to disseminate the literature might simply be to place those brochures on each chair.

(As observed by Georgiana Havill)

If you are interested in more information regarding fall prevention, you can arrange to have a Physical Therapy Appointment at the UCF Clinic: 407-823-0377.

To contact Dr. Dawson: 407-823-1863

[Nicole.Dawson@ucf.edu](mailto:Nicole.Dawson@ucf.edu)

Excellent resource: SEADI- Older Adult Fall Prevention from the Centers for Disease Control:

[www.cdc.gov/steady/index.html](http://www.cdc.gov/steady/index.html)

## STARTING NEXT MONTH

### MEMBERS BULLETIN BOARD

- (1) Would you like to advertise the goings-on of some group that you're in? Is your church having a winter festival? Are you in a choral group? Are you having a garage sale? Are you or someone you know having a book signing? Send us the information and it will be posted on the bulletin board on the last page of the Branchline. Don't send events that our members would already know about (i.e., the Winter Park Art Festival, local plays, sports events).
- (2) Many clubs, companies, etc., list the names of people who have birthdays on that month. Several of our members have asked about this, so we will try to collect birthdays (just month and day—NO YEAR). This is, of course, up to the individual. We will ask all interest group chairs to collect birthday information from participants. You can also send it to me at [LFessel@Comcast.net](mailto:LFessel@Comcast.net).

My birthday is May 22. I would like to know what yours are so I can wish you all a happy birthday, send a card, or give you a call.





Here's what you missed if you did not attend the October General Meeting:

\*\*\*\*\*



On October 5, AAUW member Adrienne Katz spoke to us as a representative of the League of Women Voters. She deftly commanded everyone's attention with her projected graphs that explained the many amendments we will find on the ballot November 5. She also had prepared a multi-page "cheat-sheet" handout which was immensely helpful.

Everyone, including myself, studiously marked them up for when we're by ourselves in the voting booth.

When next you are reviewing why AAUW is essential, remember the above and all the other educational and entertaining journeys on which you've traveled with like-minded peers. These once-a-month opportunities cement the bonding we've done with one another over the years. In addition, AAUW's forged mission of reaching out to the community with scholarships, PACE events, and our influence on legislation in Tallahassee continue to make important differences in the futures of women and girls. And if they're impacted, so too are the lives of men and boys.

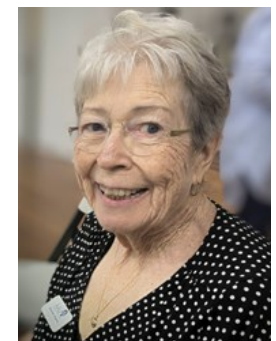
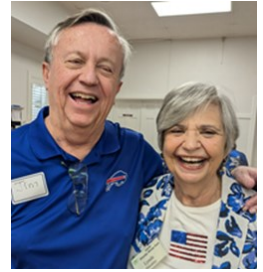
On the right, see the members obviously enjoying themselves. (Interesting programs are planned right through May. Can we count on your attendance?)

As observed by Georgiana Havill

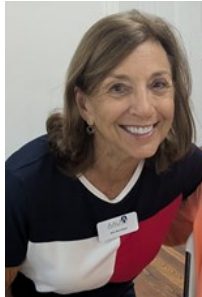
How many of these members do you recognize?

Can you match the name to their picture? If you can't, maybe you should be attending our general meetings and other interest groups!

Rosemary Vendena	Martha Williamson
Pat Stamm	Geri Throne
Lynda Hinckley	Karen Gillett
Christine Porter	Ann Beck
Mary Himes	Irene Pruzan
Susan Turo	Karen Buchan
Georgiana Havill	Suzanne Schneider
Ann Burnham	Karen Naylor
Parveen Wahid	Deborah Pope
Kathryn Brohl	



# VP Membership



In order to protect our members' privacy, addresses and phone numbers can be found on the website under Members Only. Contact Linda Fessel, Maria Bonnet, Ann Burnham, or Irene Pruzan (see their contact information on page 2 of the newsletter) to get the password.

*Ann Burnham*

V.P. Membership  
annmburnham@gmail.com

# VP Finance



*Parveen Wahid*

V.P. Finance  
piecee@hotmail.com

### REMINDER:

If you receive a request for dues, and the request comes from National, treat it like spam. **DO NOT SEND THEM ANY MONEY!**

Ignore their pleas, threats, admonishments, coercions or intimidations.

**Our branch is the sole collector of your dues!!.**

Dues remain the same: (\$98) The breakdown is as follows:

National	\$72 (only this portion is tax deductible;) (Supports the many programs that AAUW Champions)
State	\$12
Branch	\$14 (used for operations)

Make your dues check payable to:

AAUW Orlando/Winter Park

Pay at the meeting on October 5, or mail to:

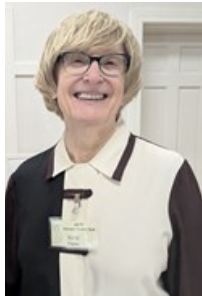
AAUW  
P.O. Box 884  
Winter Park, FL 32790

*Parveen Wahid*

V.P. Finance

# VP Membership

### NEW MEMBER DISCOUNT



Tell your friends that they can save over one third by joining AAUW at the Saturday meeting on November 9. The cost is \$62 rather than the usual \$98 for the year, saving \$36! They can pay at the meeting by cash, check,

*Irene Pruzan*

V.P. Membership  
irene-pruzan@juno.com



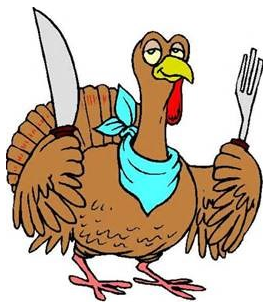
Joe, there's a guy here wanting to pay with his phone!





### PACE Center for Girls

**PACE Thanksgiving**— our festive fall event, is happening on Thursday, November 21! It’s not too late to sign up to bring a dish or contribute \$25 to our turkey fund. Everyone is welcome to help out at this event – we welcome and need your help serving and cleaning up! Please come to the PACE table during our regular Saturday meeting on November 9. If you haven’t yet signed up, this will be the perfect opportunity to offer food, monetary support, or volunteering to help during the event. Cash or checks should be made out to AAUW Orlando/Winter Park (PACE Thanksgiving in the memo line). Items still needed are mashed potatoes, sweet potatoes, corn, glazed carrots, and green bean casserole. We provide the pans for your convenience. Your help with any of these items will be most welcome!!! If you can’t make the Saturday meeting, please call Karen Gillett (407-252-3169) to tell us your plan. Thank you in advance for your help! Come and enjoy time with our PACE girls, staff, and families!



**What?** Thanksgiving Dinner  
**When?** Thursday, November 21  
 Bring hot food by 11:00 a.m.  
 Serving begins at 11:30 a.m.  
**Where?** PACE Center for Girls  
 445 N. Wymore Rd.  
 Winter Park FL 32789

\*\*\*\*\*  
**Miracle Bag Day** – Christmas is a busy time at PACE and a time when several organizations contribute gifts and food for the girls. When AAUW first sponsored Miracle Bags, we were the only organization celebrating the holidays with PACE. Now, however, the girls receive gifts from several others. Therefore, we determined that it would be good to sponsor another celebration and, together with PACE staff, we have chosen Valentine’s Day. Our celebration will actually take place on February 12, 2025. Keep the day open!



### Meet PACE Girl Ar’Riana

“I began attending Pace in June of 2023 when I was 13 years old. I came to Pace because I was skipping school, failing my classes, and hanging out with the wrong people. I was worried about coming to Pace because it was all girls, and I was worried that no one would like me. I was shy and quiet. Since Pace, I have learned how to put myself out there more and how to speak to people more confidently. I have begun making the right decisions for the future I want to create for myself. I joined the Girl’s Leadership Counsel and am helping to make the center better today than it was yesterday. I know, with the skills I have learned at Pace, when I leave, I will focus on my education to complete high school and pursue my dreams of becoming a nurse.”

\*\*\*\*\*

**PACE Food Pantry** – this month we ask you to bring items which can be part of this month’s meal kit or personal items needed by the girls.

### **CHICKEN RICE CASSEROLE**

#### Meal Kit to contain:

- 1 pkg Uncle Ben’s long grain and wild rice Ready Rice
- 3 (2.6 oz) cans of chicken, ex. Starkist
- 1 (6 oz) can sliced water chestnuts
- 1 (14 oz ) can chop suey vegetables
- 2 (10.5 oz) can cream of celery OR cream of chicken soup

#### Personal

- Body Wash
- Tooth Paste
- Deodorant
- Tooth Brush

AAUW-PACE Committee

### **A note from Myra**

**A team of volunteers is needed to help coordinate the silent auction for the 2025 Literary Luncheon. We need your help!**

**Please contact Myra  
 Gazianomyra@yahoo.com**

## Interest Groups

### **Booklovers:**

And now for something completely different...

This month we give thanks. I am thankful for Myra Gaziano's efforts in coordinating our March Literary Luncheon. Myra has secured author Madeline Martin as our guest speaker. *The Booklover's Library* is Martin's latest book and will be the topic of her talk. I encourage Booklovers and others to read Martin's work of historical fiction set in World War II Nottingham. As an incentive, I will ask the Branchline to publish a quiz based on this book in January. The first member to correctly email the quiz responses to me will win a prize. This month some Booklovers groups will read Henry Green's *Party Going*, a classic about the mundane, a novel differing by "the fact that it's interested in not the journey but the waiting, not the event but the interruption." Since the novel has been difficult for some to find, some groups will opt for a different title, and members should confirm with their group leaders. Booklovers are thankful for our opportunities to convene and confer. If you are interested in joining a book group, please contact Missy Baker, Booklovers Coordinator, bakerworks@gmail.com

*(Note: Not all booklovers groups read the same books. Contact individual group leaders to see their lists.)*

**Booklovers Lite:** Booklovers Lite meets monthly on the last Wednesday at 1 p.m. The reading list is independent from those of the other book groups. Due to holidays, we will not meet again until January, 2025.

**Dining In:** Dining-In normally meets at noon on the first Friday of the month. Contact Jane Rosen for more information: 321-295-7689 or mjcrossen@hotmail.com.

**Exploring Central Florida (ECF):** Plans have been made for an outing on November 13 at 12 noon. If you are not currently on the ECF contact list, you need to do so in order to get information for this and upcoming tours. Contact Linda at LFessel@Comcast.net.

**Foreign Affairs** will discuss Chapter 4, "Technology denial and Sino-American rivalry" from our *Great Decisions* book on Sunday, November 17, at 2 p.m. at the home of Judy McDonald.

### **Global Dining aka International Cooking**

I open the doors at 11:30--we eat around noon. Club 24 is located at 1824 Summerfield, Winter Park. A small parking lot is available, as is nearby safe street parking.

Our November theme (postponed from October) will be Moroccan cuisine!

Check out Middle Eastern dishes in a grocery or restaurant that you like, buy some and bring enough to share. We are not purists--our goals are camaraderie, tasting different cuisines and trying new recipes (if you like to cook.)

#### **SUGGESTIONS:**

Meat or vegetable dishes (grilled, gyro or kabobs) will fit well. Salads are appropriate; and side dishes can include tabouli, crudites or any veggies you like! Pita and white rice also would be welcome!

Baklava for dessert can be purchased at Whole Foods and other specialty stores (I know some of you actually have made it!)

There also are Middle Eastern Rice Pudding recipes. Please suggest ideas for the upcoming year!

We always welcome new members, so bring friends or neighbors. Let me know what YOU'RE bringing! Hope to see you there!

Adrienne E. Katz Katz  
321-695-4445  
[katzaid@yahoo.com](mailto:katzaid@yahoo.com)

**Lunching Out:** Check the calendar page to see the two dates scheduled for this month's lunching out. Check your emails for more information. Contact Linda Fessel to get your name on the contact list. LFessel@comcast.net

**MahJongg:** meets on Thursdays at Club 24 in Winter Park from 1-4 p.m. We will not meet on Thanksgiving. Want to learn the game? We will teach you. For more information, contact Linda Fessel: LFessel@Comcast.net or Karen Deo: Karen.deo@gmail.com

## IN MEMORIAM

Joan E. Rinaldi  
Nov. 26, 1936—Sept. 30, 2024



Joan E. Rinaldi age 87, passed peacefully on Monday, September 30, 2024, in the Harbor House at The Village at East Farms, CT.

Joan served in many executive and appointed positions during her years as a member of AAUW. She served as president of AAUW from 1998 –2000, Treasurer from 2008-2010; Chair Legal Advocacy Fund 2011-2012 and V P. Programs from 2012-2014. In addition, Joan received the AAUW Woman of the Year Award in 1996. Joan was, indeed, an active and valued member of our branch.

## The AAUW Florida Public Policy Education Forum

Zoom ([aauw-fl.aauw.net](https://aauw-fl.aauw.net)) at 6:00 p.m. (All programs are at 6 p.m.)

### Thursday, Nov. 14

*Addiction, Public Health & Criminal Justice-*  
Prof. Patricia Roos, Rutgers University

### Thursday, Jan. 9

*Black Girls in Florida Schools-* Bayliss Fiddiman, esq  
National Women's Law Center

### Thursday, Feb. 13

*Florida Legislative Preview-* Pat DeWitt, Ph.D.,  
AAUW-FL

### Thursday, March 8

*Pay Gap, Caregiving & Economic Security-*  
Mary Gatta, Ph.D., Director, Research & Public Policy,  
National Association of Colleges and Employers

### Thursday, April 3

*Gender and Race Equity in STEM-* Prof. Amanda  
Koontz, UCF



They want to do this again next year?



# NOVEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3  Daylight Saving Time	4	5  1 p.m. B-Lovers I  Election Day	6  9:30 a.m. B-Lovers IX 10 a.m. B-Lovers VIII 1 p.m. B-Lovers II 1 p.m. B-Lovers VII	7  1-4 Mahjongg	8  12 noon Lunching Out	9  9:00-10:30 <b>GENERAL MEETING</b>
10	11  Veterans' Day	12  2 p.m. B-Lovers VI	13  Exploring Central Florida	14  1-4 Mahjongg  1:30 B-Lovers X	15  11:30 Lunching Out	16
17  2 p.m. Foreign Affairs	18  12 noon Lunching Out	19  11:30 Global Dining  1:30 B-Lovers V	20	21  11 a.m. <b>PACE</b> <b>Thanksgiving</b>  1-4 Mahjongg	22	23
24	25	26	27	28  <b>THANKS-GIVING</b>	29	30

Every time we try to eat healthy, along comes Christmas, Easter, summer, Friday or Tuesday and ruins it for us.

REMODEL aholic



Life's short. Make sure you spend as much time as possible on the Internet arguing with strangers about politics.