



PRESIDENTS MESSAGE

Dear AAUW Friends

Like all of us AAUW members, everyone is experiencing what has been referred to as “The New Normal.” Have you wondered just what that means? I have wondered, and while I can only speak for myself, it means:

- No direct access to my friends
- No time away at a good restaurant
- No Library to get the books I crave
- No “The way we have always done it....”

So for me, the new normal has become: more calls to friends, experimenting with what’s in the pantry, waiting in a take-out line, ordering books on line, and cooking a ham, portions of which, I will deliver to friends (using rubber gloves to prepare it of course).

I miss you, my AAUW Friends. We are kindred spirits, and together we value similar things So, I have a request of you this week...reach out and contact another member, if you know of someone struggling call them or send a note. I promise it will enrich both of your lives.

We are stronger together and I am looking forward to seeing each of you in the fall for another great October Ice Cream Social.

Sandra Lackore

President AAUW East Mesa Chapter

Toward your increased Well-Being

*"You're never too old to do yoga. On the contrary, you're too old not to do yoga. No segment of our population can benefit more from yoga than people over 50. In fact the older you are, the more you will benefit from practicing this ancient science and healing art. Yoga goes against the grain by removing the stiffness and inertia from the body (from **The New Yoga for People over 50** by Suza Francina who also wrote **The New Yoga for Healthy Aging**)."*

As a 71 year old yoga teacher and practioner I was encouraged by Sandra Lackore to share with you my online yoga classes (link to my YouTube online below) as well as a bit of context. I found yoga over 15 years ago when searching for a way to cope with the stress in my life. As a university administrator I worked in a pressure cooker and developed extreme health issues (I would qualify 3 heart attacks as extreme health issues!). In my late 50's and needing to continue working – and not wanting to start over again in a new profession – I needed to find a coping mechanism and it became yoga. I love the lineage of yoga that I found and please know there are MANY types of yoga out there many of which I think are disagreeable and unsafe. However, I was lucky enough to find Kripalu hatha yoga which works to integrate body, mind and spirit relaxation and awareness. This integrated approach to yoga – which should not just be seen as a physical exercise – brought just what I needed. I took a yoga teacher training course in order to be able to manage my yoga at home, however, I started teaching because it was required that we "student teach" as part of completing our certification. Now I cannot imagine my life without teaching. Besides relaxing the mind yoga brings strength, balance and agility to our bodies to help prevent falling accidents.

When I retired to Arizona I began to teach at my local YMCA and Anytime Fitness Center. When the pandemic changed our lives I had several yoga students (all ages from mid-40's to 84) in my class ask if there was some way we could continue in our time of isolation and so my YouTube Channel was born. I hope you try it. Direct any questions to me. If this is not of interest to you – please share the link with someone whom you think it might help. If you subscribe then you'll see new yoga sessions as I continue to add them.

My best to you all. Cynthia Jones senoj99@gmail.com

<https://www.youtube.com/channel/UC-s6zx7sMq-UM8kU51lvw6w>

Morning Book Club

Thursday November 19th
9:30a.m.

November's Morning Book Club book is "American Dirt" by Jeanine Cummins.

The leader of the discussion will be Judy Ruth with the hostess being Judy Taucher Lewis.

Thanks to everyone for their support and participation of the book club in our abbreviated season.

Stay healthy and see you in the fall.

New Members are always welcome. Please RSVP to Judy Taucher Lewis if you will or will not attend.

Contact Bev Byrd for information on the book club.

Beverly Byrd

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Hail and Farewell

As I prepare to leave my adopted state of Arizona for my home state of Nevada and my family of children (grown), grandchildren (grown and getting there), and great grandchildren (still wee ones), I wanted to say farewell to my family of friends in AAUW East Mesa. This group was just what I was looking for and needed after my husband of 50 + years died in 2011. I needed a purpose. And I certainly found it in AAUW.

My son said to me not long ago that he was proud that I had found my “voice” when I told him that I didn’t think I’d really had one for the many years I was teaching. To be honest, I’ve always had a loud voice (“stentorian” is the polite term), but not a strong one in speaking out on issues I had opinions on. I said it was AAUW that helped me find it. I had always believed in the mission of AAUW and its support for women; I simply didn’t know how to articulate what I believed. AAUW helped me do that and not be afraid to speak out for and support what I believed in. That is one reason I paid my dues and became a life member: I knew I was never going to go backwards. That is my personal journey.

Now for my journey with East Mesa. I remember my very first meeting: Deanna Long was President; after the meeting she approached me and said one of the members who knew I could use a computer had suggested me for the newsletter editor. After some thought I said yes because I figured it would be a good way to discover just what this group was all about, especially since Deanna wanted me to come to Board meetings so I would have all the information on events, etc. It wasn’t long after that when I was approached to run for President elect during Rhysa Davis’s term as President, and that year introduced me to the AZ-AAUW State Board, where I really learned about AAUW’s reach beyond just our branch and what exciting and interesting activities were happening statewide. My voice got stronger.

Then in 2015 I assumed the mantle of President of the branch and retained it for two terms until 2019. As I reminisce, I think I’m proudest of the fact that we became a 501-c-3 organization during my term, with the help of a terrific team. During that time, we also established the Violet Larney Endowment Trust Committee to manage the earnings from the generous bequest left to the branch by the first President. What an enormous but exciting responsibility, as we have been able to establish and complete the national Fellowship in Violet’s name, establish a full STEM scholarship locally in Violet’s name, increase the number of our local scholars as well as increase their funding. All of our voices got stronger.

And some things come full circle: even though I will be in Nevada, I have agreed to do the newsletter again for the last year of Sandi’s term.

I leave you now, my friends, at the end of April with the words of my favorite Bard: “Parting is such sweet sorrow. . .”

Joanne Walen,

Past President, AAUW East Mesa

AAUW EAST MESA				FINANCIAL	REPORT				
			REPORT DATE: 04/15/2020						
GENERAL FUND					SCHOLARSHIP FUND				
	Number of members								
March statement balance 03/31/2020		\$ 19,409.35			\$ 9,850.85				
Income			FY to date	Budget	Remaining				
				Budget					
	LARNEY RESERVE FUND		\$ -						
	FUNDRAISER	\$ -	\$ -	\$ -					
			\$ -	\$ -	\$ 520.00		donations to Scholarship Fund		
			\$ -						
DUES	Deposit	\$ 503.50							
	Total income	\$ 19,912.85			\$ 10,370.85				
Expenses									
	Office Supplies		\$ -	\$ -	\$ (1,400.00)		ticket refunds		
	Newsletter	\$ -	\$ 50.00	\$ 50.00					
	Directory	\$ -	\$ 100.00	\$ 100.00					
	Programs/Meetings	\$ (63.45)	\$ 379.40	\$ 315.95					
	Conferences	\$ -	\$ 400.00	\$ 400.00					
	Refunds								
	Insurance	\$ -	\$ 200.00	\$ 15.00					
Nat., state (new)	AAUW Funds	\$ (408.00)	\$ -	\$ -					
	Branch expenses	\$ (471.45)			\$ (1,400.00)				
BOARD MEMBERS									
	President		\$ 75.00	\$ 75.00					
	Program VP	\$ -	\$ 100.00	\$ 100.00					
	Membership VP	\$ -	\$ 50.00	\$ 50.00					
	Secretary	\$ -	\$ 25.00	\$ 25.00					
	Treasurer (2)	\$ -	\$ 30.00	\$ 30.00					
	Communications	\$ -	\$ 25.00	\$ 25.00					
CONTINGENCY FUND	*	\$ (600.00)	\$ 2,100.00	\$ 1,500.00					
	*501-c-3 fee								
LARNEY RESERVE GRANTS	MPS-SIM	\$ (7,785.00)	paid in April						
	Universal Productions		\$ (2,000.00)	paid in March					
	Branch/Schol. Expense	\$ (176.00)	\$154 for books for scholars; \$22 for stamps for refunds						
	GRANT EXPENSES	\$ (7,961.00)	total paid out						
Current cash balance 04/15/2020		\$ 11,480.40			\$ 8,970.85				
*Reserve Fund designated expenses remaining									
*liability and indemnity insurance	\$ (500.00)								
*Remaining Scholarship Lunch expenses	\$ (4,324.00)								
*East Mesa Branch programs	\$ (920.00)	\$80 paid for PO box in February							
	* \$ 5,736.40	funds available after obligations paid							