



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

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Integrative Oncology

Thursday, November 8, 2012
Waterford Public Library

6:15 p.m.	Refreshments
6:45 p.m.	Business Meeting
7:00 p.m.	Program

Martha Briggs owner of the Norwich Holistic Health Center is our guest speaker this month. Martha, a licensed acupuncturist, is trained in both Chinese and Japanese acupuncture. In addition, she holds a Masters Degree in Counseling and interned at the University of Massachusetts Medical Center Stress and Pain Reduction Clinic. She is also a Registered Bach Flower Practitioner. Martha's work includes individual sessions and group lectures, meetings.

Martha will discuss “Integrative Oncology” a protocol for support of the side effects of various cancer treatments, nutritional suggestions and the importance of exercise, meditation and relaxation techniques. The focus of the talk will include the use of acupuncture as support.

Con't on P 2

Holiday Luncheon

Saturday*, December 1, 2012
The Spa at the Norwich Inn

***Note Change of day**

11:15 a.m.	Social Time
12:00 Noon	Lunch
1:15 p.m.	Performance



The December meeting of AAUW will feature our traditional Holiday Luncheon with entertainment provided by the Ledyard High School Carolers. Reserve your spot with the form included inside.

The LHS Carolers under the direction of Russ Hammond, are a group of 24 Ledyard High School students who each year entertain groups throughout Southern New England during the holiday season. The Carolers are a group that began back in 1974 and they have been singing ever since. From local area nursing homes and senior centers, to elementary schools, to the US Submarine Base, to the Mystic Stroll young and old alike are enchanted by the warmth and beautiful sounds shared with them by these fine students.

Con't on P 3

November-December at a Glance

- November 8 Branch Meeting
- November 14 Book Discussion Group
- December 1 Branch Meeting
- December 6 News & Views Deadline
- December 19 Book Discussion Group



President's Report



It is always a pleasure to meet our NCWSSL students and hear about their experiences on the University of Maryland campus! Tiffany Person was able to command a dollar an hour raise for herself, following the steps that were outlined in one of the workshops she attended. Haley Massari will now serve on the newly created CT student advisory board, an opportunity that will allow her to hone her developing leadership skills!

I'd like to thank all those members and guests who supported our Oct. 20th luncheon! Once again, The Spa at the Norwich Inn is a charming setting for an engaging afternoon! And, those baskets were spectacular! Kudos to Elaine for another magnificent job!

Please join us on Dec. 1st with the Ledyard Carolers at the Spa at the Norwich Inn! What a delightful way to begin the holidays! This event will make a wonderful gift for family and friends!!!!

I would like to close with the following sentiments. I view my role as president and chair of the fundraiser as one of facilitator of events/programs that allow New London County AAUW to achieve our mission of education and equity for women and girls! I represent YOU, so please feel free to contact me with any comments, concerns, questions, and suggestions that will allow us to continue our work!!!

Have a wonderful holiday season ----Happy Thanksgiving, Happy Hanukkah, Merry Christmas, and Happy New Year!

Thank you, Kerry O'Keefe

Book Discussion Group



The November book is *Away* by Amy Bloom. Eleanor Piel and Elaine Stattler are the discussion leaders. The afternoon group will meet in the Olive Chendali room at 2pm and the evening group will meet at 7pm at the Waterford Library on November 14, 2012.

The December book is *The Kitchen House* by Kathleen Grissom. Ann Carroll and Kathy Shepherd are the discussion leaders. The afternoon and evening groups will meet at their regular meeting places on December 19, 2012.

The January book is *The Cat's Table* by Michael Ondaatje. Elizabeth Hume and Nancy McDonough are the discussion leaders. The afternoon and evening groups will meet at their regular meeting places on January 16, 2013.

If you do not need a book, please call Elizabeth at 442-1411.

Elizabeth Hume and Kathy Shepherd

Nov. Program Con't from Pg 1

She will look at some of the broad nutritional suggestions, the importance of exercise, meditation and relaxation techniques. If time permits, she will demonstrate acupuncture and practice a short meditation.

Hospitality

The following members signed up for refreshments in November:

- Betty Ahnell - Sweets
- Irene Finkelstein – Cheese and crackers
- Eileen McGovern - Fruit

Thank you, Elizabeth Hume

Author Luncheon

As a result of our spectacular Author Luncheon of 2012, we have realized a profit of at least \$1800! Twenty-two (22) members attended, along with their 45 guests. Sooo, members really are the VERY best form of advertising for this event!!!! Four members donated \$140, the meal raised @ \$700, and the basket revenue was \$1015!!!!!! Our profit from Bank Square Books will be 20% of books sold and I understand that a lot of books were purchased!!!!

Once again, a very special thank you to all members who supported our most important function of the year!

Thanks, Kerry

Greek Food Festival

The 60th annual Greek Food Festival will take place November 6 through November 9 from 11 am to 9 pm at St Sophia's Hellenic Orthodox church, 200 Hemstead Street, New London. This popular event features traditional Greek foods and entertainment.



News and Views is published 9 times a year by AAUW and sent to members of the New London Branch. Editor: Gale Bradbury 12 Heritage Drive, Stonington, Ct. 06378, fax # (860)464-9927, email: bradbury@ledyard.lioninc.org. The deadline for submissions is the third Thursday of the month. Branch President: Kerry O'Keefe 123 Wawecus Hill Road, Norwich, CT., email: mdokeefe@snet.net. Membership Vice president: Edna Gilstad 19 Mohawk Dr., Niantic, CT., email: egilstad@aol.com.

Dear Kerry,

Wendell and I want to thank you again for an absolutely wonderful afternoon! You and Elaine (and Betty, Gay, Claudia, Mary, Gale, Edna, Jeanne, Susan, Ann, Irene and Kathy) did a spectacular job of organizing every last detail, and we were honored to be invited to speak at your Book Authors' Luncheon. Please pass along our thanks to the wonderful women who put the event together today. It was really very special.

We had not known about the UUAW [AAUW] prior to your invitation, and now that we know about all the good work the organization does, we will be sending you our check and application for membership.

I'm assuming that you are not on Facebook since I couldn't find your name there, but I did post a thank you to the UUAW [AAUW] and Annie Philbrick on my Facebook page, and hope that perhaps some friends and colleagues might look into joining.



Following below are some of the beautiful cloud formations we saw on our drive home.

Enjoy the rest of your weekend!
Warm regards, Florence and Wendell

Directions to the Spa at the Norwich Inn, 607 West Thames St. Norwich: Take 95N or Rte 32 to Rte 395N; take Exit 79A onto CT-2A and take Exit 1-Rte 32 towards Norwich. Turn left onto RTE 32 (north). Continue for about 1.5 miles. The Inn is on the left at the top of a hill. Park in any free spot or use valet parking. Go to main entrance of main building. Lunch will be in the Hunt Room

Dec. Program Con't from Pg 1

Always welcomed with open arms, the LHS Carolers give back to the community in ways that can only be described as uplifting and generous. They truly embody the holiday spirit of giving that brightens the season for everyone involved

Dear Kerry,

Thank you so very much for partnering with Bank Square Books with your AAUW Luncheons. Today was such a nice day with Florence and Wendell Minor, and your members, all of whom were so very nice and welcoming. I can't believe I won the Pasta Raffle Basket!

Not being the children's buyer at Bank Square Books, I admit Florence and Wendell were a bit off my daily radar, but now they are fully on. Our children's buyer, Kelsy April, was excited to hear about the day upon my return to the store. Their combined talent is extraordinary, and their connections the same.

We sold a good number of books and do believe the day was enjoyed by all. I hope you think so as well.

Again, thank you for including Bank Square Books in your partnership.

All our best, Annie
Bank Square Books, 53 West Main Street,
Mystic, CT 06355, 860-536-3795,
banksquarebks@msn.com



**Holiday Luncheon at the Spa at the Norwich Inn
Entertainment by Ledyard High School Carolers
Saturday December 1, 2012**

Name _____ Guest _____
(Include food choice for all)

Total Enclosed _____

Entrees: _____ Warm grilled Salmon on a bed of organic greens with lemon dill butter
_____ Grilled Chicken on a bed of organic greens, candied nuts & raspberry vinaigrette

All entrees served include a tortellini appetizer, dessert and coffee or tea.

Price of meal including tax and gratuity \$30.00.

Please return reservation form by Wednesday, November 21, 2012 with your check made payable to AAUW New London Branch, to Claudia Laxar, 282 Elm Street, Stonington, CT 06378.

**New London Branch AAUW Meeting Minutes
October 11, 2012**

President Kerry O'Keefe called the meeting to order at 6:45pm at the Waterford Library. She read our Mission Statement and requested acceptance of the minutes as printed in our newsletter. Kerry then thanked the Hospitality Committee for our refreshments and thanked Mr. Philip Mountain for attending our meetings.

Finance Chair Claudia Laxar stated that we needed to add fourteen cents to last month's report. She then gave the following report: Checking Account \$5,188.12, Savings Account \$3000.14, Permanent Fund CD \$1,707.50, and Ellen Baird CD \$1,138.77. Our grand total assets are \$8,334.53.

Claudia also reported that fifty-seven people had signed up for the Book-Author luncheon to date.

Kerry O'Keefe announced that Amy Barry of the NL Day was preparing an article about our authors Florence and Wendell Minor—perhaps for Saturday's issue.

Elizabeth Hume announced *Away* by Amy Bloom as the November book group selection and as Hospitality Chair passed the refreshment sign-up sheet. She requested that a member of each monthly group assume responsibility for purchasing the coffee which is reimbursable.

Under Cultural Interests Sue White announced the Greek Food Festival at St. Sophia's Church from November 6th-9th. It is the 60th anniversary of this event. Kerry promoted a concert by Faye Ringel (a Bob Thurston program) in Willimantic on Sunday, October 14th.

A new member Joan Racicot has joined. Welcome!

Kerry requested the six ticket sellers to be at the Norwich Inn and Spa by 11:15am. Ann Carroll and Edna Gilstad arrive early as needed.

Jeanne O'Connell announced a program at the Lyme Art Association from October 26th-28th. The cost is \$15 and she placed a pamphlet about "Design Room" on the information table.

Elaine Stattler stated that raffle tickets for the luncheon can be purchased in advance and the baskets can be viewed online.

Kerry closed our business meeting by stating "I view my role as President and Chair of the Luncheon as that of facilitator of our events/programs that help us to achieve the AAUW Mission of equity/education for women and girls. Sad to say that often involves money to accomplish these goals. I welcome all comments, opinions, suggestions that will continue to move us in the direction of our mission. I represent you!

Kerry adjourned the meeting and introduced Kim Blake who in turn introduced Haley Massari and Tiffany Renee Person (our speakers) who attended the Student Leadership Conference last June.

Respectfully Submitted,
Ann Carroll
Recording Secretary