



October 2007

From the Presidents

If you missed the September kickoff meeting it was a great event with lots of energy and more than 40 attendees. Sandy Hume, Kim Wellnitz, Janice Bogstad, Margot Bouchard and Mary Hayden gave an excellent overview of AAUW. A big thank you to Lois Helland for once again opening up her house for our first event and for being the perfect hostess.

We recently received an email from our State President, Marge Mueller. She listed some reasons we became involved in AAUW. We're all so busy we tend to forget and we'd like to share a few with you. 1) We take pride in the fact that AAUW is an outstanding, reputable, and respected organization known for its philanthropy and for helping to advance equity for women and girls. 2) Each of us is in a position to be of service to AAUW, its members and society. 3) We joined to enjoy ourselves, to establish friendships and to promote opportunities for women and girls to reach their full potential. Keep these in mind during the year ahead and remember to congratulate yourself on being a part of such a dynamic organization.

Fall 2007 is here and for Wisconsin residents that means crisp, sunny days and spectacular color. But for the Eau Claire branch members it signifies the annual book sale--October 12-14. Plan to attend and bring along family and friends to browse through the books. You can also pick up your copy of the membership booklet for the 2007-08 year. When you mark the dates on your calendar put aside some time to volunteer during that weekend. Our

combined efforts have ensured the success of our fundraiser year after year. The most important reason to help out: there's always time to socialize, to catch up with longtime friends and meet new members. It's always a fun time!

See you at the book sale.

Cleo Powers (powerscj@uwec.edu) 834-0794
Dawn Bosold (dbosold@hotmail.com) 835-4055



AAUW Eau Claire Used Book Sale

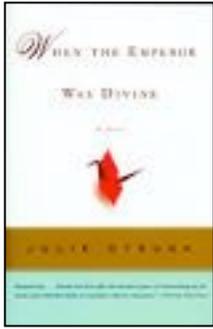
October 12 – 14

Friday 3:00 – 9:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Sunday 10:00 a.m. – 4:00 p.m.

@ Eau Claire Expo Center



**Book Group:
When the Emperor
Was Divine**

The Book Group will be discussing *When the Emperor was Divine* by Julie Otsuka on November 6th at Karen Haugen's.

The Book Group meeting time and date is always the first Tuesday of the month at 7:30. If you are new to the group please call Chris Kondrasuk (835-1638). Books are available through the library.



Campaign Finance Reform:

Please join us for our next exciting AAUW
event

**Monday, October 22, 2007
at 7:00pm**

First Congregational Church
(310 Broadway St.)

Refreshments will be provided.

Debby Anderson Meyer, Outreach Director of Wisconsin Democracy Campaign (<http://www.wisdc.org/>), will be speaking about Campaign Finance Reform

2007 Book Sale Volunteers

Thursday, Oct. 11th 12:00 – 9:00 pm Set-up

Joyce Anderson 12:00 – 1:00 pm.

Lara Bouchard 5:30

Rebekah Streit

Kerry Kincaid

Margot Bouchard 10:00 – 12:00, 1:00 – 4:00

Mary Hayden 5:00 pm

JoAnn Klink - afternoon

Kathy Briggs – afternoon

(Book Sale Volunteer Schedule, cont.)

Friday, Oct. 12th 12:00 – 2:45 pm Set-up

Margot Bouchard 12:00 – 2:00

Mary Hayden

Kathy Briggs

Cleo Powers

Friday, Oct. 12th First Shift 2:45 – 6:00 pm

Ginny Jordan

Dee Schorr

Rebekah Streit

Mary Hayden

Margot Bouchard

Cleo Powers

Friday, Oct. 12th Second Shift 5:45 – 9:00 pm

Jodi Simek

Judy Blackstone

Colleen McFarland

Chris Kondrasuk

Rita Sorkness

Barb Radke

Saturday, Oct. 13th First Shift 8:45 am – 12:00 pm

Kerry Kincaid

Cleo Powers

Elizabeth Wahl

Saturday, Oct. 13th Second Shift 11:45 – 3:00 pm

Rita Houser

Dawn Bosold

Jean Hazelton

Jodi Simek

Saturday, Oct. 13th Third Shift 2:45 – 5:00 pm

Roma & Clara Hoff

Jodi Simek

Barb Radke

Sunday, Oct. 14th First Shift 9:45 am – 1:00 pm

Denise Meyers

Donna Weidman

Jessica Witte

Sunday, Oct. 14th Second Shift 12:45 – 4:00 pm

Beth Ernst

Monty Ernst

Sunday, Oct. 14th Clean-up 3:00 – 5:00 pm

Rita Houser

Margot Bouchard

Mary Hayden

Cleo Powers



The Wellness Corner

This month's column is reprinted from the Illinois Department of Public Health, Women's Health website: <http://www.idph.state.il.us/about/womenshealth/factsheets/nut.htm>

By Eric E. Whitaker, M.D., M.P.H., Director

What is a healthy diet?

A well-balanced diet, comprised of a variety of foods, adequately meets women's needs for vitamins, minerals and energy. For good health, women need to pay special attention to calcium, iron and folate (folic acid) intake. A healthy diet also should minimize the intake of fat and sugar. Diets high in saturated or trans fat can promote high levels of blood cholesterol and increase risk for heart disease. A diet that includes high sugar provides empty calories, or calories that do not provide any nutritional value and often times replace more nutritious food selections.

Here are some more suggestions for healthy eating.

- Eat a variety of foods.
- Balance the food you eat with physical activity. Maintain a healthy body weight.
- Choose a diet with plenty of whole-grain products, vegetables and fruits.
- Choose a diet low in fat, saturated fat and cholesterol.
- Choose a diet moderate in sugars.
- Choose a diet moderate in salt and sodium.
- If you drink alcoholic beverages, do so in moderation.

Are dietary supplements such as vitamins and minerals important in a healthy diet?

It has not been scientifically established that large amounts of vitamins and minerals or dietary supplements help prevent or treat health problems or slow the aging process. Daily multivitamin tablets can be beneficial to some people who do not consume a balanced diet or a variety of foods. Generally, eating a well-balanced diet with a variety of foods provides the necessary nutrients your body needs. Eating whole foods is preferable to supplements because foods provide dietary fiber and other nutritional benefits that supplements do not. If you choose to take vitamin and mineral supplements, it is recommended to choose a multi-vitamin that does not exceed 100 percent of the Recommended Dietary Intake (RDI).

What are good sources of calcium?

Low-fat dairy products are excellent sources of calcium. Other good sources of calcium include salmon, tofu (soybean curd), certain vegetables (broccoli), legumes (peas and beans), calcium-enriched grain products, lime-processed tortillas, seeds and nuts. The current recommendations for women for calcium are for a minimum of 1,200 mg per day.

What are good sources of iron?

Animal products, such as meat, fish and poultry are good and important sources of iron. Iron from plant sources are found in peas and beans, spinach and other green leafy vegetables, potatoes, and whole-grain and iron-fortified cereal products. The addition of even relatively small amounts of meat or foods containing vitamin C substantially increases the total amount of iron absorbed from the entire meal.

Public Policy Primer

AAUW recognizes the importance of public policy. There is space devoted to it on the national web site under the header of **ADVOCACY** on the main page where you can learn more about how AAUW public policy is determined, and discover ways to get involved. As co-chair of public policy committee for our local chapter, I asked colleagues how they would define Public Policy. All reported that they knew what it meant, and yet everyone found it difficult to put their understanding into words.



The term “public policy” was coined in 1922 by a political scientist, Charles Merriam, who was seeking to connect the theory and practices of politics to understanding the actual activities of government. *An Introduction to the Policy Process* (2001) discusses the lack of consensus on the meaning and offers a range of definitions.

* “Public policy is the outcome of the struggle in government over who gets what”. -Clarke E. Cochran

* Public policy is "Whatever governments choose to do or not do". -Thomas Dye

* “Public policy consists of political decisions for implementing programs to achieve societal goals.” - Charles L. Cochran and Eloise F. Malone

* “Stated most simply, public policy is the sum of government activities, whether acting directly or through agents, as it has an influence on the life of citizens”. -B. Guy Peters

The University of Minnesota Hubert Humphrey Institute Center on Women and Public Policy (CWPP) claims to be “the nation's first complete teaching, research, and outreach center devoted to women and public policy.” According to their website (<http://www.hhh.umn.edu/centers/wpp/>) CWPP has “challenged fundamental assumptions about politics, law, and economics on issues ranging from human rights to judicial selection and independence” since 1985.

Public policy is not necessarily political, but it does encourage political action. Whatever your position, AAUW offers a place to share your concerns, learn about the issues, and contact your political leaders. In the months ahead your co-chairs of the Public Policy committee will focus on different issues of importance to you, from getting out the vote to public health care.

Please contact us with your ideas and we will explore them together.
- Mary Beth Kelley-Lowe

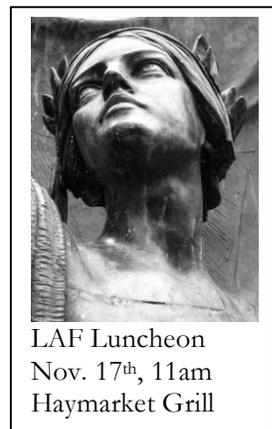
Birkland, T. (2001). *An Introduction To The Policy Process: Theories, Concepts, And Models Of Public Policy Making*. M.E. Sharpe Inc. Armonk, N.Y.

It's Auction Time!

The **Legal Advocacy Fund Luncheon and Auction** is right around the corner.

Remember last year and the bidding duel over Lois Helland's mystery dinner? Then there were Audrey Homme's handknit mittens, Mary Hayden's spicy dilly beans, babysitting services, sushi lessons, and more.

Well, we're doing it again! Please contact Mary Hayden (832-0445, haydenm@prodigy.net) with your auction services and items by **Nov. 1**



LAF Luncheon
Nov. 17th, 11am
Haymarket Grill

Membership News

Our kick off event at Lois Helland's was a huge success! Not only did we have a great time but we have added 5 fantastic new women to our membership.

Our new members are Kathy Briggs, Stephanie Harvey, Gail Scukanec, Robin Shih, and Heidi Conde. Their email information etc will be available in the membership book we hand out during the booksale.

In each of our upcoming Foliage newsletters we will highlight one or more of our newer members. Let me take a minute to share some background on Stephanie Harvey: she is President and CEO of the Harvey Corporation. She took over at "Harvey" when she retired from her position of national account manager at a printing firm. At the Harvey Corporation she manages her two young girls (ages 3 and 5) and all the other multiple tasks of running a household. Stephanie is a potter, an avid UW Wisconsin football fan and a tennis player. She loves a good "read" - especially mysteries. Ask her about the month she spent in Santiago, Chile and if she would do her imitation of Donald Duck.

Stephanie received her BA in business administration from the University of Wisconsin Madison and her MBA from the University of Wisconsin in Milwaukee.

The Big Event... **Book Sale!**

The colors of fall are in the air.....but we need to think GREEN! Yes, green as in "environmental" but also green as in "money for scholarships!"

The book sale is Oct. 12- 14th at the Expo Center. We look forward to seeing each of you at this year's sale, as a volunteer, a shopper, or just because you wanted to stop by to say "hello" and be a part of the action.

We have a great new look to our flyer – you received it in the last newsletter; many thanks to Kate Hinnant for her creative and tech savvy skills.

We've recruited UWEC student organizations to again help us! We love these young and enthusiastic students. When you see them helping out, please offer a hearty "thank you" and support the men's hockey team – Go Blugolds!

Many of you have taken time to sort books and we've had plenty of laughs; thank you for your time and great humor. This year we've had two visitors to help us sort, one from NY and the other from FL – who said you can't have a great time in Eau Claire?

The publicity committee (Rita Houser, Karen Betzig-Lundberg, and Becky Mauch) have again done an outstanding job. We're out there in print, the internet, and TV. Keep spreading the word everyone!

AAUW VISION STATEMENT

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..

AAUW MISSION

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

FOLIAGE

Newsletter of the American Association of University Women - Eau Claire Branch

Send or call items of interest to Kate Hinnant, kate.hinnant@gmail.com, 831-0182, 220 Roosevelt Ave, Eau Claire, WI 54701



Upcoming:

October 12 – 14, Fri – Sun

Used Book Sale

Eau Claire Expo Center

October 22, Mon

Campaign Finance Reform

First Congregational Church