



**American Association of University Women  
Harford County Branch  
October thru December 2023**

<b>Events</b>	<b>Dates</b>	<b>Time / Location</b>	<b>Contact</b>
<b>Nov Foodie Club Party Season – Making Hors d’Oeuvres</b>	<b>Sun Nov 12</b>	<b>1 – 3 pm Kathleen’s Home 1039 Erwin Drive Joppa</b>	<b>Kathleen Hampton</b> <a href="mailto:kathleenhampton4048@gmail.com">kathleenhampton4048@gmail.com</a>
<b>Nov Branch Meeting “North Star” Dr Sean Bulson</b>	<b>Wed Nov 15</b>	<b>Towson Univ NE (TUNE) Bldg Across from HCC Rm 214</b>	<b>Theresa Freligh</b> <a href="mailto:theresafreligh@gmail.com">theresafreligh@gmail.com</a>
<b>Nov Book Group Book – “Only Woman in the Room” by Marie Benedict</b>	<b>Sat Nov 25</b>	<b>10-12pm Alice Leeds’ Home 3629 Skylark Ct. Abingdon</b>	<b>Peggy Dymond</b> 410-272-9139 <a href="mailto:mmdymond67@gmail.com">mmdymond67@gmail.com</a>
<b>Nov Bunco Night</b>	<b>Thurs Nov 30</b>	<b>7 – 9pm Hazel Hopkins’ Home 313 Aiken Terrace, Abingdon</b>	<b>Rose Ann Ward</b> 443-371-2275 <a href="mailto:wardrose22@yahoo.com">wardrose22@yahoo.com</a>
<b>Dec Foodie Club Cookie Walk / Making Pizzelles</b>	<b>Sun Dec 3</b>	<b>1 – 3 pm Kathleen’s Home 1039 Erwin Drive Joppa</b>	<b>Kathleen Hampton</b> <a href="mailto:kathleenhampton4048@gmail.com">kathleenhampton4048@gmail.com</a>
<b>WIGS Trip to American Music Theater Christmas show</b>	<b>Sun Dec 3</b>	<b>1pm - lunch 3pm - matinee Lancaster, Pa</b>	<b>Marlene Lieb</b> 410-808-2246 <a href="mailto:marlenelieb@comcast.net">marlenelieb@comcast.net</a>

<b>Dec Holiday Gathering</b>	<b>Sun Dec 10</b>	<b>1:30 – 4:30 pm</b> <b>Alice Leeds' Home</b> <b>3629 Skylark Ct.</b> <b>Abingdon</b>	<b>Alice Leeds</b> <a href="mailto:aleeds1@alumni.jh.edu">aleeds1@alumni.jh.edu</a>
<b>Dec Book Group</b> <b>Book – “Racing with Sherman”</b> <b>by Christopher McDougall</b>	<b>Sat Dec 30</b>	<b>10-12pm</b> <b>Home of Hazel Hopkins</b> <b>313 Aiken Terrace,</b> <b>Abingdon</b>	<b>Peggy Dymond</b> <b>410-272-9139</b> <a href="mailto:mmdymond67@gmail.com">mmdymond67@gmail.com</a>
<b>Jan Foodie Club</b> <b>Soup Swap</b>	<b>Sun Jan 14</b>	<b>1 – 3pm</b> <b>Home of Hazel Hopkins</b> <b>313 Aiken Terrace,</b> <b>Abingdon</b>	<b>Kathleen Hampton</b> <a href="mailto:kathleenhampton4048@gmail.com">kathleenhampton4048@gmail.com</a>
<b>Jan Branch Meeting</b> <b>Voter Registration Training</b>	<b>Wed Jan 17</b>	<b>Via Zoom</b>	<b>Theresa Freligh</b> <a href="mailto:theresafreligh@gmail.com">theresafreligh@gmail.com</a>
<b>Jan Book Group</b> <b>“Radium Girls” by</b> <b>Kate Moore</b>	<b>Sat Jan 27</b>	<b>10-12noon</b> <b>Home of</b> <b>Sheila Allen</b> <b>332 West Gordon St</b> <b>Bel Air</b>	<b>Peggy Dymond</b> <b>410-272-9139</b> <a href="mailto:mmdymond67@gmail.com">mmdymond67@gmail.com</a>

## Sheila's Message

“Living in a state of gratitude is the gateway to grace.” — Arianna Huffington

Happy November!

Interesting fact – when I agreed to take on the role of president for this organization, I didn't know that the outcome would be a happier me! But I am happier, and I recently found out why. This past Sunday morning I listened to Hidden Brain on NPR; it was about the positive correlation between gratitude and happiness. It made me think about all the activities we've had lately and how grateful I am to all of you:

- The October meeting at the house of the Arfaa Ladies was outstanding – the turnout was exceptional; the food was delectable; those attending were enthusiastic; and the silent auction was successful to the tune of \$259.00. Special thanks to Jeanne Blades, our Membership VP and all the ladies who assisted her (you read about those in her thank-you email);
- The letter asking for funds for the Toni Bram Scholarship/Furaha Girls' School was sent out only two weeks and I already have 10 responses/checks;
- I mentioned at the October meeting that our branch needs to have some fundraisers to enhance our general treasury. At that meeting Kathy B suggested an idea to use during March Madness Bracket Challenge, with women's teams only. A few days later Rose Ann called to tell me that the newly formed Bunco Group will be donating some of their monies for Furaha. We also have a grant opportunity that Caity Lovett, our newly appointed interim Public Policy Representative (thank you to Caity for taking on that role right now) learned about at her first meeting. I'll be working on and submitting that grant request for monies to assist with our Resnik brunch and if I can complete two grant forms, I'll request monies for Furaha. Other ideas for fund raising, big or small, are always welcome. Just let me know!
- Pridefest started wet but quickly dried out and became sunny. We had four volunteers for the day and with the help we had getting everything to our space, and the turnout of people having fun with our questions, it was a success. We may not have gotten any new members, but people learned about our AAUW branch.
- And we have so many fun activities coming up in the next few months. Dr. Bulson will be at the TUNE building (across the street from HCC) for our Nov. meeting. Theresa is doing such a great job finding wonderful and timely speakers for us. Be sure to join us at the meeting – and bring friends (see the calendar for details).
- We also have the Christmas American Music Theater event planned by Marlene, a holiday party at Alice's house, Book Group and Foodie Club – so many members planning and offering their services and houses.

And those are some of the many reasons for my gratitude for you and the work you do – and now you and I both know why I have a newfound happiness! Thank you all! And Happy Holidays!!!

Sheila Allen, Harford Branch President

## **AAUW Programs for 2023-2024**

### **Joining Forces for Advocacy**

**September:** We started off the year with a presentation by Healthy Harford. Madelyn and Kim explained to us how important diet and exercise are for our health. But the most important aspect of the evening was the importance of taking care of OURSELVES! Sorry if you missed it.

**October:** Membership Meet and Greet. A great evening of fun and conversation.

**November:** Dr. Bulson will be the guest speaker at the TUNE building across from the Harford Community College campus. He will focus on the North Star Program. North Star, an initiative designed by Superintendent of Schools Sean Bulson, Ed. D., is an equitable, accessible, inclusive, and systemic Pre-kindergarten through grade 12+ framework supporting students as they successfully achieve post-secondary interests and goals. Join us.

**January:** We will be trained by the Board of Elections to become certified Voter Registration volunteers. Help us to register more voters and learn the process. The certificate is good for 2 years. This program will be via ZOOM with preregistration a must.

**February:** The passage of the ERA (Equal Rights Amendment) is imperative and due for vote in Congress THIS year. We have contacted Representatives Bush and Presley and Senator Cardin to speak to AAUW on how WE can help with this process. Due to Congressional scheduling, it is not know at this time who will be the presenter. Again, preregistration is mandatory.

**March:** Dr. Lisa Tittle, Professor of English at Harford Community College, will be our guest speaker. She will present a program on Race Today and how we can better communicate with each other.

**April:** Resnik Award brunch.

**May.** Tracy Waite, representing Harford County Climate Action, will speak to us on the importance of preserving our environment. It is hoped that she will give us some concrete tools to help solve the many problems we face.

**Theresa Freligh**  
**Program VP**

# North Star Program

The goal of the Harford County Public Schools North Star initiative is to ensure all students have access to academic opportunities, social-emotional support, and real-world experiences tailored to meet the needs, abilities, and interests of diverse learners so each may graduate with experiences preparing them for success.

With North Star, we are hoping to achieve the following goals:

- Improve the likelihood of degree attainment for students choosing a college path.
- Reduce costs to families for students seeking degrees.
- Reduce the cost of earning career credentials.
- Ensure students are prepared to enter the workforce with a "good" job following graduation.
- Increase the variety of paths a student can take to personalize his or her journey to career success.

## Holiday WIGS Outing:

Fall is in the air and thoughts of the holidays are upon us! Get into the holiday spirit by joining fellow AAUW members for an outing to the American Music Theater in Lancaster for their annual holiday show "The First Noel." We will be attending the **Sunday, Dec. 3rd matinee (3:00pm)**, and enjoying lunch together at a restaurant nearby at 1:00pm.

Purchase your tickets by:

\* Google American Music Theater

\* Scroll down to **American Music Theater Box Office Ticket Sales**.

\* Choose 2023 Christmas Show

\* If you are going and want to meet for lunch contact Marlene at [marlenelieb@comcast.net](mailto:marlenelieb@comcast.net) or 410-808-2246 and she will add you to the reservation!

**NOTE:** *The tickets on that website are \$29-49 **Do not pay more than that!** There are multiple places that say "ticket center or click here for tickets." They are outside vendors and tickets on those sites range from \$69-\$99!"*

## **Bunco Night**

Bunco was a big success! A good time was had by all. We now have 14 regular players and 3 subs. If we get another 2 players, we can do 4 table Bunco. Is there anyone else who might be interested but couldn't make the first meeting? Please let me know. (Theresa? Barbara? Anyone else?)

The group has decided to meet on Thursdays, every other month. We will meet next November 30 at Hazel's. They have decided to collect \$5 a person to play. Then 3 cash prizes will be awarded, with 1/4 of the money going to AAUW for the girls' school each time.

I am happy to report Kathleen is feeling better after her fall. I would like to thank her for the lovely snacks she provided. I am sorry she could not join us. She was missed.

Thanks also to everyone who signed up to host and/or provide snacks. This is a wonderful group!

Rose Ann  
Bunco Organizer

From Meghan Kissell, the Senior Director of Policy and Membership Advocacy at the American Association of University Women (AAUW).

I wanted to share that AAUW has joined 126 other gender justice, survivor advocacy, and civil rights organizations in letter to the Biden Administration calling for immediate action to finalize the Department of Education's (the Department's) Title IX rule. Here's a copy of the letter and an article that ran about this today:

<https://nwlc.org/wp-content/uploads/2023/10/Advocate-letter-Title-IX-rule-10.23.23-vF-127-orgs.pdf>

As you may know, AAUW submitted comments on two sets of proposed rules to strengthen the civil rights protections offered by Title IX. The Administration originally stated that the new rules would be released in October, however, there continues to be delays. The new rules are expected to:

- Restore protections from sex-based discrimination;
- Clarify protections for LGBTQ students;
- Strengthen supports for pregnant and parenting students;
- Ensure appropriate implementation of religious exemptions; and
- Provide clarity on transgender students participation in athletics.

## Membership Drive and Silent Auction Recap - 2023

Well, our third annual Membership Drive and Silent Auction Event is in the history books. Maryam and Jessica Arfaa hosted the event and warmly welcomed 21 members and guests into their beautiful home. We all mingled and munched on the delicious food that our board members and committee chairs made.

So many thanks to Maureen, Marlene, Sheila, Kathleen, Rose Ann, Jessica, Peggy, Hazel, Marge, Kathy, Theresa, and Beverly who cooked up a storm and brought refreshments for the evening.

In the midst of mingling and munching, we all stopped to hear more about AAUW when Sheila relayed how AAUW came into being, its mission to this day, and detailed our efforts to sponsor a student at the Furaha High School in Kenya. Hazel followed up with talking about how we work within our community to provide book scholarships to Harford Community College students through the Toni Bram fund, sponsoring the Resnik Event for over thirty years as well as the Art Festival in 2022. She also shared the many things we do for self-enrichment, bonding with others, and just for fun like the Book Club, Foodie Club, WIGS, and Bunco Night. Then Theresa shared a rundown of the topics and speakers for upcoming meetings, none of which you'd want to miss.

Of course, no silent auction, no matter how quiet, would be complete without something to buy and sell. Members generously donated over 2 dozen items and just about as many shoppers generously purchased them. Hazel was a huge help with this endeavor as she supplied the bidding sheets and collected money and threatened others who wouldn't pay up...just kidding on the last item. In all, we raised over \$270 for the Toni Bram Scholarship Fund. Many thanks to all of our donors like Sheila S., Kathleen, Sheila A., Donna, Hazel, Jodie, Marlene, Rose Ann, Caity, Beverly, Jeanne, and Olivia who donated two of her art pieces, as well as thanks to our many shoppers.

Once again, thank you to all our members who joined us for the evening. What a wonderful tribute to each other and to our branch of AAUW. You are the ones who made our evening truly wonderful!

Please remember that our membership drive is never really over. If there is anyone who would like more information about AAUW and how to join, please let me know and I'll be glad to contact them via email or cell.

Jeanne Blades

VP for Membership

## **Fallopian Tube Cancer & Ovarian Cancer**

Recent publications from the Physician Data Query (PDQ) of the National Cancer Institute (National Institutes of Health) and the Cleveland Clinic have documented the connection between the two cancers. Moreover, both institutions have cautioned women that ovarian cancer may have begun in the fallopian tubes. “The most common type of ovarian cancer (high grade serous carcinoma or epithelial) may begin as fallopian tube cancer.” It “develops at the end of the fallopian tube where eggs enter from an ovary.” Then it spreads to the ovary, and “may account for up to 70% of all epithelial ovarian cancers.”

Unfortunately, symptoms/signs of fallopian tube cancer are shared with other common body problems: Abdominal pain or bloating, abnormal menstruation, chronic back pain, constipation, fatigue, frequent urination, painful intercourse, pelvic pain or mass, upset stomach (indigestion), watery or bloody vaginal discharge.

Important diagnostic tests begin with a pelvic exam and will be followed by: blood tests, imaging scans, paracentesis (when there is a buildup of peritoneal fluid in the abdomen (ascites), and a biopsy.

“Avoiding risk factors and increasing protective factors may help prevent cancer.” To wit: Risks: family history, inherited risk, hormone replacement therapy, weight and height, endometriosis. Protective: oral contraceptives, tubal ligation, giving birth, salpingectomy (surgical removal of the fallopian tubes), breast-feeding, and risk reducing salpingo-oophorectomy (fallopian tube and ovary removal).

This is a very short piece about a very important killer. It is a rare gynecological cancer. However, having the BRCA1 or BRCA2 gene, or other genes, may be a factor in developing fallopian tube cancer as well as having a family history of ovarian cancer. More at these sites:

<https://www.cancer.gov/types/ovarian/patient/ovarian-prevention-pdq>

And the Cleveland Clinic website.

—JoAnn Macdonald (8/25/2023)