



AMERICAN
ASSOCIATION OF
UNIVERSITY
WOMEN

Lake Oswego

NEWSLETTER

Volume 33, Number 5

◆ Lake Oswego, Oregon

◆ March, 2010

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GLOBAL SISTERGOODS

SATURDAY, MARCH 13, 9:30 A.M.
OSWEGO HERITAGE HOUSE "A" AVE AT 10TH ST
LAKE OSWEGO



AAUW'S MISSION

**ADVANCING EQUITY FOR
WOMEN AND GIRLS THROUGH
ADVOCACY, EDUCATION, AND
RESEARCH.**

**AAUW'S VALUE PROMISE
BY JOINING AAUW, YOU
BELONG TO A COMMUNITY THAT
BREAKS THROUGH EDUCATIONAL
AND ECONOMIC BARRIERS SO
THAT ALL WOMEN HAVE A FAIR
CHANCE.**

Global Sistergoods will be here to tell us about their organization and how we can help women all over the world "earn a living wage and build beautiful, thriving communities." Samples of these unique, and fair trade items, will be available for sale.

Light refreshments will be served. If the parking lot at Heritage House is full, additional parking is available across the street at the church.

BRANCH BUZZ

MaryJo Radosevich, Co-President

Learn and Live. Yes, it is in the right order, *Learn and Live*.

The month of February marked the 6th anniversary of the American Heart Association's GO RED campaign. Perhaps you saw those red dress pins, or wore one yourself in an effort to raise and increase awareness of heart disease in women. The disease impacts over 70 million people in the United States and is the number one cause of death for women, despite the general perception that it is breast cancer. Heart disease has been the leading cause of death in the United States for the past 90 years and has claimed more lives than the next four leading causes of death combined.

According to the American Heart Association's research, heart disease is more prevalent in men through age 45, then relatively equal until age 64. By the time women reach ages 65 to 74 they have surpassed men. Knowing the signs and symptoms of heart disease and your genetic predisposition toward the disease however, allows each of us to make heart healthy choices in our daily lives. We can't change our genetic make up but we can learn our risk of heart disease and choose healthier lifestyles.

Part of the challenge for you, me and the general population, but especially women, is that heart disease is a bit amorphous in nature. Its symptoms show differently in women than men. Noticeably, some of the leading symptoms of heart disease are evident with basic health awareness and you may be aware of them; high blood pressure, weight control, and high cholesterol. Take time to know your risk level, and learn what a normal range is for blood pressure, weight, and cholesterol levels (HDL-the 'good' stuff, the LDL- not good, and your total cholesterol number). Have that four-minute conversation with your primary care physician and make sure you know your numbers and how they relate to desired healthy levels.

As some of you know, I serve as Co-Chair of OHSU's Heart Research Center. We have over 100 scientists involved in leading edge heart research. They are recognized the world over for doing their part to help understand heart disease and heart health for Oregon families, and our brothers and sisters around the world.

Even though February is gone and the Irish green is just around the corner, it is not too late to wear your red dress pin, Learn, and Live. Do your part and know your numbers, the heart you save may be your own!

**NEXT BOARD MEETING
TUESDAY, MARCH 23 7:15 P.M.
MARYLHURST LIBRARY**

TAX REMINDER

When you fill out your income tax returns, remember that \$46.00 of your annual National membership is tax deductible. Be sure to keep a copy of your cancelled check as proof.

AAUW Beaverton Branch Program
Hard Choices Ahead: Adapting to Global Interdependence
March 6, 1:00-3:00 pm
Beaverton Resource Center
12500 SW Allen Blvd. (first room on the left)
Beaverton, Oregon
Oregon State University professor emeritus, Richard Clinton, examines the immensity of the challenge global interdependence poses to many of our accepted assumptions, honored values, and accustomed ways of doing things.

MEMBER UPDATES

By Carol Cooper and Dorothy Martin

Directory Changes

Laura Eyer - eyerfamily@wbkcable.net

Sue Greenspan - kidznor@yahoo.com

Sandra Hoover - 17440 Holy Names Dr. #318

Jacquelyn Gatewood
5034 Foothills Rd. #F
Lake Oswego, OR 97034

MEET OUR NEW MEMBERS

LYNN STEEVES

Lynn attended the University of Chicago where she received a B.A. in Statistics and an M.B.A. in Finance. She and her husband migrated west from their home in up state New York when he was transferred to Southern California. After four years, he was again transferred, this time to Portland. Lynn has lived in Lake Oswego for nineteen years and has no plans to move again. She has two children, Daniel, who just graduated from college and Claire, who is a junior in college. She's beginning to gain a sense of freedom from parental responsibilities and is looking to see what comes next. Lynn became interested in joining the branch through her friend Jean Sharpe, a former member of our branch, whose physical problems limit her activities now.

When asked about her interests, Jean's quick response was her devotion to her exercise class at a fitness center here in town. Then she added knitting, crafts and of course her dog, Moby. Jean has already joined the Tuesday Morning Book Group and enjoys their meetings at Szechaun Kitchen. She also likes eating out and movies. We can help her do that.

SUE GREENSPAN

Sue and her husband (Dan) are new residents in Oregon, having moved from Southern California last year to be near two of their children and four lovely young granddaughters, two of whom she and Annie Arkebauer share.

Sue is retired from teaching fourth and fifth graders in the Los Angeles School District. She now enjoys reading, interior decorating, golf and cooking, some of those things she never had time for when she was teaching. My phone call interrupted her planning preparation of an authentic Chinese dinner celebrating Chinese New Year and Valentine's Day. Sounds very good!

Sue wants to meet people here and has made a good start by joining AAUW. She is in the Friday Book Group and is interested in several of the other interests groups. She would also like to find other golfers. That just might be an idea for a new interest group...

Sue is very happy to be in Oregon and learning more about this area. She particularly "loves" the open spaces, the greenery and the friendliness of people here.

MEMBER NEWS

We will miss long time member Louise Jolly who passed away in early February. Louise was an accomplished bridge player, a member of the Laffalot group for many years and a substitute for the Wednesday group. She was also a regular with the Eat Ethnic Group. Memorial services were held at Christ Episcopal Church. Condolences may be sent to her daughter, Diane Bleything, 1525 SW Maplecrest Dr., Portland, OR 97219-6435

Our best wishes go to Peggy Lineweaver as she begins a new chapter of her life after the loss of her husband, Hugh, who passed away in December.



**TEA, TALENT &
TREASURE
FUNDRAISER**

Enjoy a delightful version of Spring on **Saturday, April 10, 2010** at the Heritage House in Lake Oswego from 12-2 P.M. !!

We have planned a very special event, and need you and a friend or two, to join us. Special food will be featured at the Tea & Luncheon, at last years bargain price of only \$15 per person.

The Talent and Treasure aspect features our members who have graciously donated items of their own creation for sale, such as quilting, needlework, paintings, jam, cookies-of-the-month, flowers, and many other talents.

This event is our major fundraiser for 2010, which supports our local scholarship fund for a student at Marylhurst University.

You may reserve placed for the luncheon by calling Sandra Hoover at (503) 635-0952, Emailing her at sandraleehoover@comcast.net, or by completing the information form below and mailing it to her. Please contact her by **April 1, 2010** to ensure your reservations.

Name:

Address:

Email:

Phone Number:

Number Attending:

Amount Enclosed (\$15 X attendees):

AAUW Tea, Talent & Treasure
Sandra Hoover
17440 Holy Names Drive #A318
Lake Oswego, Oregon 97034

MARCH 2010

TUESDAY MORNING BOOKS

4th Tuesday at 11:30 a.m.

March 23: 11:30 a.m.

Szechaun Kitchen, 15450 Boones Ferry, LO

Leader: Ann Pritchard

Book: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows

For more information about this group, contact Ann Pritchard at 503-670-7934 or annpritchard@comcast.net.

INTERPRETIVE BOOKS

3rd Thursday at 9:30 a.m.

March 18: 9:30 a.m.

Hostess: Sue Kingzett

Leaders: Candace Newland-Holley & Bettirae Willis

Books: *My Sister's Keeper* by Jodi Picoult

For more information, please contact Laura Eyer at 503-982-3522 or eyerfamily@wbcable.net

THURSDAY EVENING BOOKS

4th Thursday at 7:30 p.m.

March 25: 7:30 p.m.

Hostess: Kathy Kaiser

Intro: Kathy Kaiser

Book: *The Help* by Kathryn Stockett

For more information, contact co-chairs Sandra Hoover at 503-635-0952 or Suzanne Kaveckis at 503-678-1641.

FRIDAY BOOKS

4th Friday at 10:00 a.m.

March 26: 10:00 a.m.

Hostess: Sue Greenspan

Presenter: Annie Arkebauer

Book: *Worst Hard Time* by Timothy Egan

New members are most welcome to join this book group that meets on the fourth Friday of the month at 10:00 a.m. Call Martha Dean at 503-697-0561 if you would like more information.

MOVIE GROUP

2nd Tuesday, times vary

Meets second Tuesdays of the month. Call Ann Pritchard at 503-670-7934 or JoAnn Frost at 503-624-0871 for more information.

PORTLAND CENTER STAGE

For more information, please call Betty Barber at 503-675-0594, or barberbc@yahoo.com.

LAFFALOT BRIDGE

2nd and 4th Mondays at 1 p.m. – 4 p.m.

For more information, or if you'd like to be added to our email list, please contact JoAnn Frost at ldfrost@spiritone.com or 503-624-0871.

FOURTH WEDNESDAY BRIDGE

4th Wednesday at 1:00 p.m.

Call Betty Hittle at 503-636-7034 for more information about this bridge group that meets at 1:00 p.m. on the fourth Wednesday of the month.

EAT ETHNIC

3rd Tuesday at 6:30 p.m.

March 16: 6:30 p.m.

Restaurant TBA

For more details sign up for the email/telephone list. This does not obligate you to come. Spouses and friends are welcome also. Please contact Susan Hornung at 503-635-4893 or susanhornung@hotmail.com.

April Newsletter Deadline

March 15

mdivine@aol.com

LAKE OSWEGO MARCH 2010 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Laffalot bridge	9 Movie group	10	11	12	13 Branch Program
14	15	16 Eat Ethnic	17	18 Interpretive books	19	20
21	22 Laffalot bridge	23 Board meeting Tuesday morning books	24 Wednesday bridge	25 Thursday evening books	26 Friday books	27
28	29	30	31			



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Lake Oswego, OR 97035

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