



Empowering Women
Since 1881

AAUW Gaithersburg Branch

NEWSLETTER

February 2016

February Events

BRANCH MEETING AND POTLUCK BRUNCH

February 13, 2016 - 10 A.M.

Conley Hall, Trott Building, Asbury Village

"Wellness Genetics"

Presented By:

Fredric Abramson, Ph.D.

Join the brunch at Conley Hall on February 13 from 10 a.m. to noon. Bring a dish to share and enjoy the wonderful choice of dishes of others. We are featuring a presentation by Fredric Abramson, Ph.D., S.M., Esq., on "Wellness Genetics." Dr. Abramson will share with us a system and method for evaluating and providing nutrigenomic data, information, and science. This concept encompasses the use of our genetic assets to deliver new solutions for personal growth and smarter parenting, and for achieving important lifelong goals. He will also describe how matching ingredients might lower disease risk.

Dr. Abramson is an attorney specializing in business and technology law. He is also the president, CEO, and founder of AlphaGenics, Digital Nutrition, LLC, and the nonprofit organization, Fresh Start Science. Dr. Abramson served as adjunct professor with the Johns Hopkins University biotechnology master's program. His business background includes entertainment, health care, information technology, managerial finance, marketing, retail sales management, computer software design, copyright and trademark law, strategic planning, organizational development, health policy, and teaching.

Direction to Conley Hall: Conley Hall is in the basement of the Trott Building (401) on the Conley campus. To reach Trott: Enter Asbury campus at the guardhouse at 301 Odenhal Avenue. Make an immediate right at the stop sign. Trott's parking lot is on the left. Follow the lobby a few steps to the left to the elevator. go down one floor. Conley Hall is immediately in front of the elevator.

BOARD MEETING

Sellers Resource Library

February 6 - 10 A.M.

The AAUW Gaithersburg Board of Directors will meet on Saturday, February 6, at 10 a.m. in the Sellers Resource Library in the Rosborough Center of Asbury Village. All members are invited to participate.

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PRESIDENT'S MESSAGE

- Heather Reichardt

Dear Members and Friends,

Happy New Year and hearty winter weather greetings!

We were fortunate to have perfectly calm weather on January 16 for our first meeting of the year. Our speaker, Cam Rising, provided new information on nutrition trends, focusing especially on sugar and where it is hidden in your food. Cam is a prime example of a woman in STEM fields and the type woman represented by AAUW. She is a dietician, nutritionist and researcher--all while pursuing a Ph.D. I encouraged her to seek out her local AAUW branch in Fairfax County since she expressed interest in the work of our branch and the policy focus of AAUW.

I look forward to another fun meeting in February, with delicious dishes prepared by our members. We will have another presentation focusing on health--a significant topic for us as we try to take care of ourselves and our fami-

lies.

As many of you know, I started a new job on the first week of January, so I hope you will bear with me if I am not as responsive as usual. While my core work on real estate tax and consulting hasn't changed, the systems and processes in my new job are different. So far, I am enjoying the change after nearly 26 years at Marriott International headquarters.

Stay warm and cozy during the cold month of February. I look forward to seeing many, many members and invited guests at the potluck on the 13th.



AAUW Gaithersburg Website Has the Answers

Lost your newsletter? Want to see an article that appeared in 2012? What's the Maryland legislature doing about equal pay? What issues is AAUW working on? When's the date of that event you want to go to? What in the dickens is NCCWSL?

For wide-ranging, rich information, go to our website: gaithersburg-md.aauw.net. The Gaithersburg Branch website is managed by Edie Allison.

GAITHERSBURG BRANCH GIVES MORE SCHOLARSHIP MONEY

At its January meeting AAUW Gaithersburg approved the final allocation of scholarship and grant money for the past year. These current donations are designated for AAUW scholarships and grants that have an impact nationally.

To help combat sex discrimination in higher education and in the workplace, we are giving \$1,000 to the Legal Advocacy Fund. Then, focusing on the need to help women who need to further their education, such as completing their dissertation or planning research, we are giving \$1,000 to the American Fellowships Fund. Following in this line of helping women already in the educational system but now needing to advance or change their careers, we are contributing \$2,000 for Career Development Grants. Recognizing the need to shift career choices from traditional low-paying "women's jobs" to more substantial and diversified careers, we are allocating \$2,500 to the Selected Professions Fellowships which concentrates on master's programs in architecture,

computer sciences, engineering, and math.

These current donations follow those that were approved at the June 2015 annual meeting and that were designated for the benefit of local students: \$10,000 to students at Montgomery College and the Universities at Shady Grove and \$1,500 for students to attend the National Conference for College Women Student Leaders at the University of Maryland.

Adding it up, these scholarships and grants come to \$18,000 earned in book sales by hard-working Branch members in 2015. As a national AAUW member, you may be proud that, with national AAUW providing over \$3.7 million for scholarships and grants this past fiscal year, you are part of one the world's largest sources of funding for graduate women.



Gaithersburg members Jean Kosow, Maria Roberts, Mary Fraker and Judy Sholes at a White House briefing on 2016 policy priorities: immigration, economic advancement of middle-class Americans, and criminal justice reform.

BOOK SALE

- Liz Hessel, Book Sales Chair

Do you like Music or Movies?

Our book sale on May 5 – 7 is fast approaching and lots of work is going on now to prepare for it. In addition to paper books, our book sale includes CDs and DVDs of music, movies and books, which are very popular with the customers.



When you are done, the boxes can go into storage. If you can help with part of this, contact Liz Hessel.



Several boxes of each have been collected so far and now we need help to separate the CDs and DVDs by category--e.g., divide the music into Soul, Rock & Roll, Blues, etc., and divide the movies into Comedy, Children's, etc., and divide the books into Fiction, History, etc. Can you help with this? This is a project you could do at home. We could bring some boxes to your home so that you can sort during your free time.

As we look forward in anticipation of the book sale on May 5 – 7, please be sure to set aside time on your calendar between April 28 to May 4 to help set up, do final sorting and display the books on the tables. We have many students who also volunteer to help during this time but they need our guidance.



Preparations for book sorting. In preparation for our book sorting on January 11 – 13, Louise Chatlyne and Ian Reichardt (Heather's son) are moving boxes of books into the room, while Barbara Brooks is helping to move boxes of unsorted books out of a van.



GREAT DECISIONS

- *Charlotte Fischer, Coordinator*

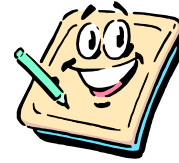


The Great Decisions group will meet on February 23 from 2:30 to 4 p.m. The topic to be discussed will be "Shifting

Alliances In the Middle East."

The location of and discussant for the

meeting were not available in time for publishing in this newsletter. Please contact Charlotte Fischer for this information.



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[http://gaithersburg-
md.aauw.net](http://gaithersburg-md.aauw.net)

LITERATURE GROUP

- *Mary Wykes*



The Literature Group will meet on Saturday, February 27, at 10 a.m., at Cathy Manning's home in the Villas at Asbury Village.

We will discuss "The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics" by Daniel James Brown. This book has been on The Washington Post bestseller list for nonfiction frequently, including the January 12 list. All members are welcome to attend. Light refreshments are served.

HER-STORY INTEREST GROUP

- *Anita Taylor, Coordinator*

At our February 3 and March 2 HerStory meetings we will continue our discussion of the First Ladies who approached and experienced the Civil War and its aftermath. In February we cover Margaret Taylor, Abigail Fillmore, Jane Pierce, and Harriet Lane (John Buchanan's niece); perhaps we will also get to Mary Todd Lincoln.

The commonality of experiencing the war and its aftermath will also characterize the women we discuss in our March meeting. Certainly the war affected the daily lives of Eliza Johnson and Julia Grant when they were First Ladies. Theirs were the tumultuous years of reconstituting the Union during the Reconstruction Era. The city of Washington by 1865 was vastly different from the pre-war city, divided as it was by abolition and westward expansion. Coming to

know these women and how they coped with the new world will fill the March 2 afternoon with lively discussion.

Please note: As has been the case, the HerStory Group meets in the Club Room at Park View (building 211) at Asbury. But for the March 2 meeting we will make an exception and meet in Apartment 1, which is on the terrace level (lobby level).



President
Heather Reichardt

Co-Vice Presidents for Program
Carolyn Fisher

Anita Taylor

Vice President for Membership
Marilyn O'Connell

Treasurer
Terry Medlar

Recording Secretary
Marybeth Morsink

Corresponding Secretary
Jane Carroll

Newsletter Editor
Qing Jiang

AAUW Gaithersburg Calendar of Events

Her-Story Group	Wednesday, February 3 - 2:30 p.m.
Board Meeting	Saturday, February 6 - 10 a.m.
Branch Meeting & Potluck	Saturday, February 13 - 10 a.m.
Great Decisions Group	Tuesday, February 23 - 2:30 p.m.
Literature Group	Saturday, February 27 - 10 a.m.
Her-Story Group	Wednesday, March 2 - 2:30 p.m.
Hold This Date:	
Book Sale	May 5-7, 2016

The American Association of University Women
Gaithersburg Branch
437 Fellowship Circle
Gaithersburg, MD 20877