



# Verdugo Views

## **AAUW Glendale- 91 Years**

### **2013 - 2014**

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Reservations -  
Susie Robinson  
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Yearbook -  
Nancy Ellyson

March, 2014  
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https:  
[//glendale-ca.aauw.net](https://glendale-ca.aauw.net)

## **SPEAKER FOCUS – TIPS FOR ENERGIZING YOUR LIFE**

Joan Moran believes that you can “Stretch Your Mind at Any Age.” Joan embodies her message in a presentation urging people of every age to fuel their minds and bodies. She empowers people to achieve optimal wellness, lasting change, and dynamic relationships by offering an innovative platform to change mental habits. She offers her audiences an essential toolkit for life renewal.

This speaker has appeared on numerous television shows (Example: “Good Day LA” on Fox 11,) and is a regular featured writer on health and wellness issues for the *Huffington Post* and many other publications.

Joan holds an MA in Education, an MA in Theater Arts and is a producing Fellow in the American Film Institute. Her background is quite varied. While residing in Las Vegas she pioneered and served as Artistic Director of the Meadows Playhouse, and taught at the University of Nevada Las Vegas. Now an L.A. resident, she has become a very popular speaker. Here's what Portia Harris, HR Director at Cal Tech, had to say after experiencing Joan's presentation:

*“You were the perfect speaker and delivered the perfect message at just the right time. As you noted in your speech, ‘Empowering the New Woman’ the key to sustaining women’s equality is to create an interdependent, abundant environment.”*

Her presentation sounds like a good mind tune-up.

## **AAUW Glendale March Branch Meeting**

**Date: March 8, 2014**

Place: Oakmont Country Club  
3100 Country Club Dr  
Glendale, Ca.

Time: 9:00 am to 11:00 pm

Cost: **\$25 per person** –Please make your check payable to: AAUW  
Glendale

Please reserve by Wednesday, **March 5, 2014**

For reservations call: **Susie Robinson**

Reservations made but not kept will be billed

Presidents Message

Our February meeting was delightful. Author Jane Hancock spoke about her new book "Jungle Jenny", the story of a woman who travelled the world collecting exotic animals for research and institutions in the early twentieth century.

The Nominating Committee is hard at work lining up our officers for next year. If you would like to become involved, please contact JC Chauvin-Byer. Your support is greatly needed and appreciated.

We encourage your active participation! If you need help coming to meetings, please feel free to contact us. See you in March!

Nancy Ellyson, Co-President  
Patricia Wilson, Co-President

[www.aauw.org](http://www.aauw.org), [www.aauw-ca.org](http://www.aauw-ca.org), and [glendale-ca.aauw.net](http://glendale-ca.aauw.net).

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"We do not need magic to transform our world.  
We carry all the power we need inside ourselves already.  
We have the power to imagine better."  
J. K. Rowling, Author  
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### Happy Birthday to all March Birthdays!!!!

6	<b>Christine Walters</b>
8	<b>Mary McVay</b>
15	<b>Sheila Price</b>
19	<b>Betty Peterson</b>
21	<b>Ann Herrmann</b>
28	<b>Linda Blackwell</b>
29	<b>Anna Donlin</b>

#### AAUW PUBLIC POLICY -- Mar. 2014

Maybe you noticed that there doesn't seem to be much talk about impending legislation. So while we are in a period of not much legislative excitement, we should be reminded that there are a couple of sites to consult on recent activity and opinion.

**NATIONAL:** *The Washington Post* is the nation's major newspaper. My friend often sends me articles to read via e-mail. You can go there through the magic of the web. This is the address for hearing about Congressional up-dates:  
[http://www.washingtonpost.com/politics/congress/gJQArxgtW\\_topic.html](http://www.washingtonpost.com/politics/congress/gJQArxgtW_topic.html)

**STATE:** And then there is the good ole *Sacramento Bee*. LA Times not giving as much information as you would like? Just go on-line for the newspaper of the State Capitol. <http://www.sacbee.com/>. Click on "Capitol and California" tab at the top of the page and learn what those people in the State Legislature are up to. The following is at the top of the page: [Sign up now to receive Capitol Alert emails](#)  
[Capitol Alert on your mobile: m.capitolalert.com](http://m.capitolalert.com) . Hit the enter button and keep on top of things up North:

Keep up-to-date on your women's issues by reading these papers.

## Special Interest Groups



### Global Issues

March 12 , 2014

1:30 pm

**Home:** Rosa Frommer

**Topic:** Israel & the US

**Leader:** Shirley Buono

**Hostess:** Phyllis Fernandez

### Evening Book Group

March 10, 2014

7:30 p.m.

**Home:** Mary Margaret Smith

**Book:** Sweet Tooth

**Leader:** Anna Rundle

### Day Book Group

March 18, 2014

10 a.m.

**Home:** Shirley Buono

**Book:** The Dressmaker

**Leader:** Lorraine Meylan

~ March 2014 ~						
◀ February						April ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Board Meeting at 123 No. Jackson Rm 103 6:45 pm	4	5	6	7	8 Branch Meeting 9:00 am at Oakmont Country Club Glendale
9	10 Evening Book Group 7:30 pm, MM Smith's house	11	12 Global Issues 1:30 pm, Rosa Frommer's house	13	14	15
16	17	18 Day Book Group 10:00 am, Shirley Buono's House.	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes: Please Plan to Attend the AAUW California State Convention- in Los Angeles, April 11 to 13.				



**AAUW GLENDALE**

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