

November 2008

Volume 2008-2009, Issue 4

# AAUW

*American Association of University Women*

## Northeast Tarrant County Branch

<http://www.aauwnetarrant.org>

*American Association of University Women (800) 343-2289*

### What's Inside?

Thoughts from the President .....	1
November Branch Meeting.....	2
Pansy Sale .....	3
Membership Update .....	3
Thank you . . . ..	3
Cultural.....	3
Bridge Group.....	3
Annual Holiday Brunch.....	4
School Supplies for KEYS Kids .....	4
Literature Group .....	5
Branch Meeting Schedule for 2008-2009 ...	5
Scrapbook.....	6
Women & Heart Attacks .....	7
November 2008 Calendar .....	9
Live United: Georgia Kidwell .....	10
The Power of One Vote .....	11
About AAUW .....	11

### Thoughts from the President

In News from AAUW, "Washington Update," we celebrate the 30<sup>th</sup> Anniversary of the passage of the Pregnancy Discrimination Act. We have made gains, but there remain many instances of harsh penalties for pregnancy in the work place. Discrimination is alive and well. Our efforts are needed to support women who work.

Remember that the Mission of AAUW is, "Advancing Equity for Women and Girls through Advocacy, Education and Research." The AAUW Value Promise is, "By joining AAUW, you belong to a community that breaks through educational and economic barriers so that all women have a fair chance." The Value Promise and Mission are simple concepts with far-

reaching implications that unify our organization, reflect our values, and provide a vision for our future. They direct all that we do as an organization.

We, AAUW of Northeast Tarrant County, are really on a roll! Lynn Doyle and Marie Iervolino led our chapter to a wonderful pansy sale. Dena Marra lent us her backyard and most of our members and many husbands were there to help deliver, count or cheer the smooth delivery of the flowers. This is a very important fund raiser for AAUW's Educational Foundation & Legal Advocacy Fund.

November 8's, Program, coordinated by Linda Adams, will be great fun because our favorite author, "Of Things Fort Worth that you didn't know", Jim Gatewood, will talk about his book on the JFK Assassination. He is riveting in his presentation.

We are now looking forward to our Holiday Brunch on December 13. We hope to raise impressive funds through our silent auction and bazaar to benefit EF and LAF. This event is always delightful. We will have several vendors who always have goodies and new ideas for us. Guests are welcome.

Remember to take part in our "just for us, and our friends" activities. Call Jean Dodds for Cultural outings, Gloria Long for Bridge and Lynn Millner for monthly Gourmet.

**As one, we can make huge differences!**

*Pat Wachter*



## 2008-2010 Officers

President	<i>Pat Wachter</i>
Program VPs	<i>Donna Baumgartner &amp; Dena Marra</i>
Membership VPs	<i>Janet Key &amp; Pat Boeckenstedt</i>
Educational Foundation VP & Legal Advocacy Fund	<i>Lynn Doyle &amp; Marie Iervolino</i>
Secretary	<i>Dixie Christian</i>
VP- Finance	<i>Meg Sprenkle &amp; Gloria Long</i>
Cultural	<i>Jean Dodds (Committee: Georgia Kidwell, Pat Cheong, Margie Poole &amp; Florence Wallace)</i>
Education / KEYS	<i>Donna Baumgartner &amp; Kathy Hartzler (Committee: Nelda Rogers, Georgia Kidwell, Pat Lucas)</i>
Historian	<i>Georgia Kidwell</i>
Hospitality	<i>Debbie Ryan &amp; Rosemary Jobe (Committee: Florence Wallace, Nelda Rogers, Marie Iervolino, Lynn Doyle, &amp; Pat Lucas)</i>
Interbranch Council	<i>Martha Matthews</i>
Newsletter Editor	<i>Belinda Hargrove</i>
Parliamentarian	<i>Martha Mathews</i>
Public policy	<i>Georgia Kidwell &amp; Mary Lou Bass</i>
Publicity	<i>Carol King</i>
Photographer	<i>Linda Adams</i>
Yearbook	<i>Gloria Long, Martha Matthews &amp; Meg Sprenkle</i>
Gourmet	<i>Lynn Milner (Committee: Barbara Brasco, Pat Wachter, Anna Holzer, &amp; Kathy Anthon)</i>
Literature	<i>Pat Lucas</i>
Webmaster	<i>George Anthon</i>

For membership information, contact Janet Key (817) 581-9988 or Pat Boeckenstedt (817) 864-9207, pgb1225@sbcglobal.net.

Northeast Tarrant AAUW Newsletter publishes this newsletter each month (except in June & July) and each member receives it via e-mail. **Deadline for articles for publication is the last day of each month.** Please e-mail articles to bhargrove@transsolutions.com.

The Northeast Tarrant AAUW Branch Newsletter and e-mail list is reserved for AAUW news and business only. Directory information is for the use of the Branch, State, and Association for AAUW purposes only.

## November Branch Meeting

"Texas historical societies, speaker's bureau, churches, service organizations and book clubs are flocking to hear and read foremost Dallas historian **Jim Gatewood**. His style of writing has created a groundswell of enthusiasm. For the last decade he has been delivering oral history programs and his audience is always invited to share their family stories to be preserved in his database for future publications."

Mr. Gatewood is joining us again! Join us **Saturday, November 8 at 9:30am** at [Martin Methodist Church](#) to hear Jim Gatewood discuss his latest book, *John F. Kennedy Assassination – A Mafia Conspiracy*.

Purchase raffle tickets and support the KEYS Scholarship Fund and a chance to win a copy of this book. Tickets are \$1 or six for \$5, and will be sold at the meeting. We appreciate your support!

We look forward to seeing you at our November branch meeting.

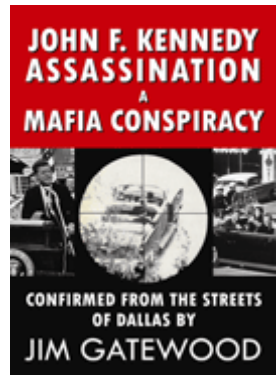
*Donna Baumgartner &*

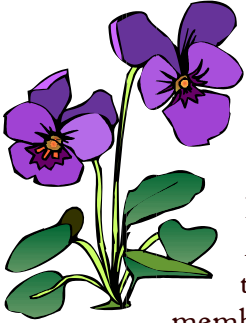
*Dena Marra*

Program VP's



*October  
branch  
meeting  
speaker, Dr  
June Jacoby,  
principal at  
KEYS*





## Pansy Sale

### Our Most Successful Pansy Sale to Date!

On behalf of the AAUW Education Foundation and Legal Advocacy Fund, we want to thank all of the AAUW

members who bought, sold or otherwise contributed to our Fall Pansy Sale.

We sold 302 flats of pansies with a profit of \$8 on each flat sold.

We had a number of outstanding sales members, but no one member sold a very large number of flats as in previous years. Instead (perhaps due to the tight economy), many more members participated in the sales, selling smaller amounts to many more individuals.

We personally want to thank those individuals for helping us unload the flats and help deliver them: Carol Fisher, Mary Cinatl, Tom Smith, Dave Doyle, Margie Poole, Susan & George Anthon, Pat & Mike Wachter, Linda Adams, Mary Ann & George Goetz, Gloria Long, Janet Key, Susan Zadeh and any others we may not have named. An extra thank you to Dena Marra, who once again, gave her lovely backyard to store the pansies--some of which she kept watered for a few days until they were picked up.

*Lynn Doyle & Marie Iervolino*  
EF/LAF VP's

## Membership Update

*A new member joined AAUW at our October 9th evening meeting at Raven's Grill.*

*Welcome, Ginny Phoenix! We're happy to have you.*

*Pat Boeckstedt and Janet Key*  
Membership VP's

## Thank you ...

*Dear Branch Members*

*I feel so honored to be your 2008 Shining Star! Thank you for your support, your encouragement, and most of all, thank you for working with me during these years I have been a member. It is more than fabulous to be given the opportunity to contribute to our community through AAUW and the NE Tarrant Branch, and I truly appreciate this Shining Star recognition. Thank you from the bottom of my heart!*

*Donna Baumgartner*

## Cultural

**Saturday, November 22 - 10am**

A group of us are going to the AAUW Plano Branch Tour of Homes. The tickets are \$15 ahead of time and \$17 on the day.

[www.aauwplanocollin.org](http://www.aauwplanocollin.org)

If you are interested in going with us, please email me [jdodds0630@aol.com](mailto:jdodds0630@aol.com) and we will carpool from the Mid-Cities leaving around 10am.

The Plano Branch also said, if anyone would like to volunteer, that they are offering free tickets to adult volunteers (student volunteers earn community service hours!) Jackie Ebenholtz is the contact for volunteers ([jebenholtz@aol.com](mailto:jebenholtz@aol.com)) and her home phone number is (972/380-4437).

*Jean Dodds*  
Cultural Chair



## Bridge Group

The next meeting of the Bridge Group is Monday, November 10<sup>th</sup> at 7 pm. This month's hostess is Polly Post, [3406 Middleton Way, Colleyville, 76034](http://3406MiddletonWay.Colleyville,76034). Contact

Polly if you are coming at [pkpost@aol.com](mailto:pkpost@aol.com) or by phoning 817-571-0963.



*Gloria Long*

## Annual Holiday Brunch



Holiday Brunch  
Silent Auction and Bazaar  
Saturday, December 13, 2008  
10:30 a.m.

[Stacy's](#)  
[1900 S. Main Street](#)  
[Grapevine, TX 76051](#)

Please make your reservation by November 8. Send your check for \$20.00 made payable to NE Tarrant County Branch AAUW. Send to Lynn Doyle, 868 Chateau Valee, Bedford, TX 76022.

Here's what you can do to make the brunch a success:

- Suggest a possible vendor
- Invite friends to attend.
- Bring at least one silent auction item.
- Bid on at least one silent auction item.
- Volunteer to help the day of the brunch.

Some vendors confirmed for the brunch are Trishy Beads & Tupperware. Please send me the name and phone number of anyone you would like for a vendor.

Some members might like to invite friends to fill a table. Each table will have eight places.

The silent auction items are to be new items. It's a great way to get rid of a gift you did not like without "re-gifting". The item can be something you cook, bake or make. Gift certificates for a service are also popular.

On the day of the brunch we will need help during setup, closing auction tables, and for clean up. If you have a few extra minutes before or after the brunch to help us it would be great. Email us so we will know we can count on you.

Any questions or suggestions please contact Lynn Doyle 817-285-8185, [beachqueen2@att.net](mailto:beachqueen2@att.net) or Marie Iervolino 817-788-0834, [marie6908@sbcglobal.net](mailto:marie6908@sbcglobal.net).

*Lynn Doyle & Marie Iervolino*  
EF/LAF VP's

### Brunch Menu

Fresh Fruit Tray  
Eggs Benedict with Hollandaise Sauce  
Strawberries  
French Toast  
Roasted Potatoes  
Bacon & Sausage  
Croissants

*Also: Mimosas available for \$3 each*

## School Supplies for KEYS Kids

Save room on your Holiday List for KEYS! This season we will again have the opportunity to grant wishes to KEYS faculty and staff for classroom needs, and we are expanding the program to help KEYS Kids with something that might make tomorrow a little easier to face. You will be able to select your "gift" from our Giving Tree at our Holiday Party in December, and the gifts will be presented to KEYS in January. Thanks in advance for your generous support.

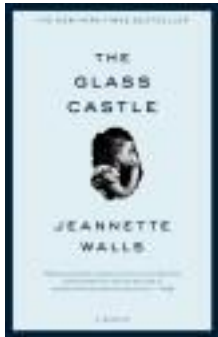


*Dr. June Jacoby (center) and staff unload school supplies donated by Branch Members for KEYS Kids during our September Back to School project.*

And look for our special auction items at the silent auction at the Holiday Brunch Saturday, December 13. Sale of these items go directly to the KEYS Scholarship and Support Fund.

*Donna Baumgartner*  
KEYS Chair

### Literature Group



November 20 “The Glass Castle” by Jeannette Walls. You can go on [Youtube-JannetteWalls](http://Youtube-JannetteWalls) and view a short video of the author and her mother. Our reviewer this month is Carol Fisher. We will be selecting the books for 2009 at our November meeting.

Location for the November meeting is [6350 Winter Park Drive # 313, North Richland Hills, TX 76180-5733](http://6350 Winter Park Drive # 313, North Richland Hills, TX 76180-5733)

December – No meeting

The Literature group meetings are at 7:30 PM on the third Thursday of each month. Please come and join us even if you have not read the book.



Remember that if you order from Amazon.com through the AAUW website, a portion of the proceeds go to AAUW!

*Pat Lucas*  
Literature Group Chair

*LIT GROUP Schedule at a glance*

*November 20*

Book: *The Glass Castle*  
Author: Jeannette Walls  
Reviewer: Carol Fisher  
Location: Meg Sprenkle’s home

*November*

*No meeting*

*January 15*

*First meeting 2009*

### Branch Meeting Schedule for 2008-2009

**November 8, 2008 – Saturday -- 9:30 a.m.**

Location: Martin United Methodist Church  
Program: JFK book overview by author Jim Gatewood

**December 13, 2008 – Saturday – time TBA**

Location: Stacy’s Furniture Community Room, Grapevine  
Program: Holiday Brunch and Silent Auction for EF/LAF

**December TBA**

Holiday Party for Members and Guests & Giving Tree for KEYS Faculty

**January 10, 2009 –Saturday – 9:30 a.m.**

Location: Martin United Methodist Church  
Program: Women in Afghanistan

**February 14, 2009 – Saturday -- 9:30 a.m.**

Location: Martin United Methodist Church  
Program: How to be a Patient Advocate – Medical Awareness

**March 12, 2009 – Thursday – 6:30 p.m.**

Location: North Richland Hills Library  
Program: Update on Tarrant County Public Transportation Issues

**April 18, 2009 – Saturday – 9:30 a.m.**

Location: Martin United Methodist Church  
Program: Work-Related Issues Facing Today’s Families  
Texas Tech Presenter

**May 9, 2009 – Saturday – 9:30 a.m.**

Location: Martin United Methodist Church  
Program: Computer & Internet Safety

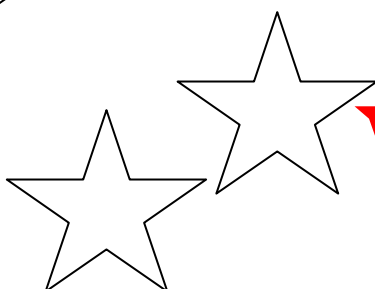
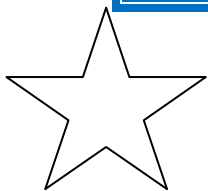
**June 7, 2009 – Sunday – 3:00 p.m.**

Location: TBA  
Program: Annual Program Planning

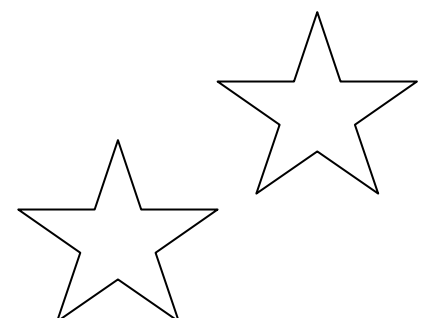
**Board Meeting Dates – 7:00 p.m.**

Tuesday, November 4	Monday, March 9
Tuesday, January 6	Tuesday, April 7
Tuesday, February 10	Tuesday, May 5

Unless otherwise noted, all branch meetings are held at **Martin United Methodist Church - 2621 Bedford Road, Bedford, Texas 76021**



**VOTE**



Scrapbook



Shining Star banquet, October 24, 2008.



AAUW Shining Star  
Donna Baumgartner  
(right) and her daughter-  
in-law Liz.



Cultural Outing to Oak Cliffs Bishop Arts  
District. November 1, 2008.



## Women & Heart Attacks

I was aware that female heart attacks are different, but this is the best description I've ever read.

Women and heart attacks (Myocardial infarction), did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack, you know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one woman's experience with a heart attack.



'I had a heart attack at about 10:30 PM, with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, Aah, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation--- the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. AHA!! NOW I stopped puzzling about what was happening -- we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ... but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics ... I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so, to un-bolt the door and then lie down on the floor where they could see me when they came in. I unlocked the door and then laid down on the floor as instructed and lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way, but I did briefly awaken when we arrived and saw that the radiologist

was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stints to hold open my right coronary artery. I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home, and my Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stints. Why have I written all of this to you with so much detail, because I want all of you who are so important in my life to know what I learned firsthand.

1. Be aware that something very different is happening in your body not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up ... which doesn't happen. My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It is better to have a 'false alarm' visitation than to risk your life guessing what it might be!
2. Note that I said 'Call the Paramedics.' And, if you can, take an aspirin. Ladies, TIME IS OF THE ESSENCE! Do NOT try to drive yourself to the ER - you are a hazard to others on the road. Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road. Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.
3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive. A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life.



(Submitted by Susan Zadeh)

## November 2008 Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <b>Cultural Outing 10am to Bishop Arts District</b> Contact Jean Dodds
2 Daylight Savings Time ends at 2am	3	4 <b>Election Day</b>  <b>Board meeting</b> 7pm	5	6 <i>Saxophone Day</i>	7	8 <b>Branch Meeting</b> 9:30 am Martin United Methodist
9 <i>Chaos Never Dies Day</i>	10 <b>Bridge Group</b> 7 pm Polly Post's home	11 Veteran's Day	12	13 <i>World Kindness Day</i>	14	15 <b>Out-to-Dinner Group</b> TBD
16	17	18	19 <i>Have a Bad Day Day</i>	20 <b>Lit Group</b> 7:30 pm Meg Sprenkle's home	21 <i>World Hello Day</i>	22 <b>Cultural Outing</b> AAUW Plano Branch Tour of Homes
23 <i>Eat a Cranberry Day</i>	24	25 <i>National Parfait Day</i>	26	27 Thanksgiving	28	29

### Upcoming AAUW Events

November 8 – Branch meeting

December 13 – Holiday Brunch with Silent Auction & Bazaar

## Live United: Georgia Kidwell

The following was submitted to AAUW National by Joy Donovan Brandon:

I wanted to bring to your attention one of your members who has been spotlighted in the Fort Worth area. Georgia Kidwell, the founding president of the Northeast Tarrant AAUW, has been the subject of a series of promotions for the United Way of Tarrant County. Georgia, a retired second grade teacher who holds a master's degree, is active in many civic organizations and a prominent citizen. When asked to participate in the local portion of United Way's Live United campaign, Georgia chose to promote voting in the upcoming elections as how she "Lives United."

Attached is her advertisement that appeared in the major daily newspaper, **The Fort Worth Star-Telegram**. Additionally, Georgia's positive image has been used in brochures, in Power Point presentations, on a website and on invitations.

We welcome you to feature Georgia on the AAUW's website or any of your publications. The link to our website is [www.UnitedWayTarrant.org](http://www.UnitedWayTarrant.org).

I appreciate your consideration of Georgia and, as the mother of three daughters, I also appreciate all you do for girls' education.

Best,

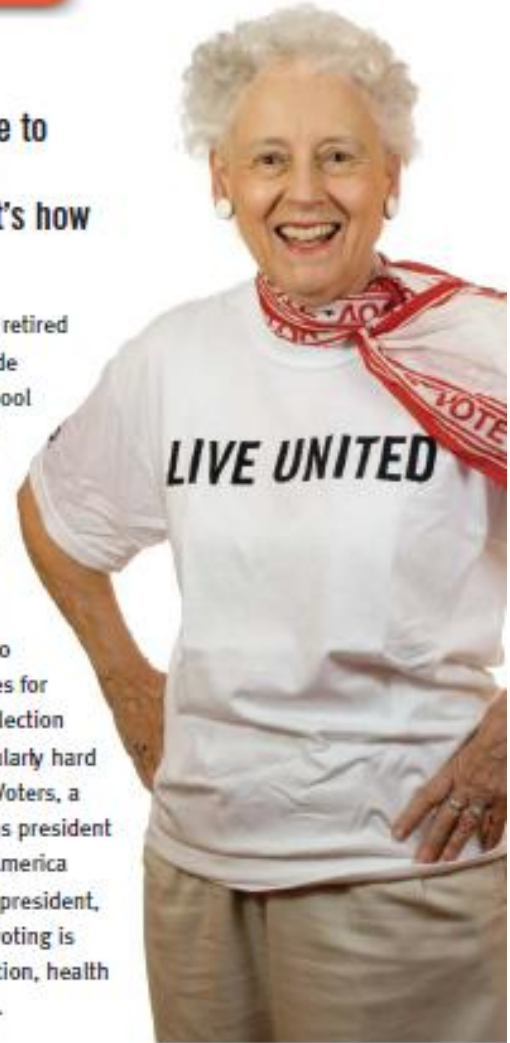
**Joy Donovan Brandon**

Live United Specialist  
Marketing & Communications  
United Way of Tarrant County

See how people all over  
Tarrant County are **LIVE UNITED**  
at [unitedwaytarrant.org](http://unitedwaytarrant.org)

**"I encourage people to  
become informed  
and then vote, that's how  
I Live United."**

Georgia Kidwell may have retired from teaching second grade at Bellaire Elementary School in Hurst, but she's hardly retired. This active woman has seized leadership positions with such civic groups as the American Association of University Women and also studied H-E-B transit issues for the United Way. But this election year she's working particularly hard for the League of Women Voters, a group she's even served as president since joining in 1969. As America readies to choose its new president, Georgia Kidwell believes voting is the way to improve education, health and the standard of living.



**GIVE. ADVOCATE. VOLUNTEER.**  
**LIVE UNITED.** 

It's easy to donate at work or online. Give to United Way at [unitedwaytarrant.org](http://unitedwaytarrant.org) and be a part of the LIVE UNITED movement to improve our community.

Star-Telegram

## The Power of One Vote

**Does your vote matter?**

**In 2006, Connecticut's 2<sup>nd</sup> District Congressional race was decided by 83 votes.**

**In 2004, Washington's Gubernatorial race was decided by 133 votes.**

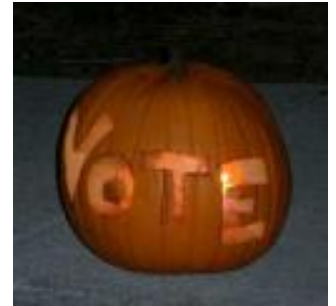
**In 2002, Colorado's 7<sup>th</sup> District Congressional race was decided by 121 votes.**

**In 2000, the presidential election was decided by 537 votes.**

**In 1977, the mayoral race in Ann Arbor, Michigan, was decided by 1 vote.**



**ONE PERSON = ONE VOTE**



### About AAUW



The American Association of University Women is a national organization that advances education and equity for all women and girls. Our commitment to these issues is reflected in our public policy efforts, programs, and diversity initiatives.



**Newsletter editor:**

*Belinda Hargrove*

[bhargrove@transsolutions.com](mailto:bhargrove@transsolutions.com)

**We're on the Web!**

See us at:

[www.aauw.org](http://www.aauw.org)

&

[www.aauwnetarrant.org](http://www.aauwnetarrant.org)

#### The AAUW logo:

**The W** stands for WOMEN and reinforces our focus on education and equity for women and girls. **The overlapping triangles** represent the collaborative efforts of our 3 corporations: The Association, The Educational Foundation, and The Legal Advocacy Fund. **The parallel lines** represent the concept of EQUITY.



*For information on the AAUW's history, read the article, "Founding Mothers". Available at [www.aauw.org](http://www.aauw.org)*