



The purpose of the AAUW is to advance equity for women and girls through advocacy, education, and research.

Is This Newsletter A Surprise?

The vagaries of 2020 have caused much consternation in our lives. Branch members have been expressing their unhappiness that we cannot meet the way we used to. Everyone misses the friendships and comradere that are provided by regular meetings, interest groups, and social gatherings. There has been much discussion at Board meetings about how we can best maintain communication and find safe activities during the pandemic, when it is dangerous to gather in groups and hard to hear wearing masks.

One means of continued relationship is the newsletter but we're not sure how many members receive it. Normally your monthly AAUW Hendersonville newsletter comes to you via e-mail. Everyone seems to have an e-mail address. It is listed in the membership directory. But how many members actually use their e-mail? This month is an experiment. We are sending the January issue by both e-mail and "snail mail." The purpose is to reach EVERY Hendersonville member and to let you know that if it is a surprise, it shouldn't be. It is possible to receive a print copy monthly but you must request it!

In order to begin receiving a print copy of the newsletter, please call or write Susan Huff, newsletter editor. Contact information is on the last page of this publication. Then you'll be aware that we are still here for you, still involved, planning alternative activities, and anxious to return to "normal," whenever it becomes possible.

*Your AAUW Hendersonville
Board of Directors*

Presidents' Letter

Well we made it through 2020 and gained new insight into ourselves with an isolation experiment! Everyone had to rethink their world and how they want to move forward. Despite not being able to raise funds the regular way, ours was blessed this year by an anonymous doner offering to match membership contributions up to \$2,020 in honor of this unusual year. We are excited to report that you accepted the challenge wholeheartedly by meeting and exceeding the challenge amount—contributing \$3,090 by 12/15/2020! As a result our Branch was able to send a total of \$5,110 to Blue Ridge Community College Education Foundation for 2021 scholarships! What a way to end this stress-filled year caused by riots, shootings, and elections and—oh yes, CORONAVIRUS!

For those of you who missed our 12/18/2020 General Meeting /Holiday Party via ZOOM, we had about 22 participants and a lively discussion related to the “curses and blessings” of isolation and social distancing caused by the pandemic. It was great fun and we hope to have another meeting in February 2021. Sandi and I send wishes for a safe and peaceful transition into 2021 and best wishes for a healthy and prosperous New Year.



AAUW for January 2021

First Thursday Book Group will meet, via ZOOM, on January 7 at 1:30 p.m. This month's book is *The Immortal Life of Henrietta Lacks*, the riveting story of the young, terminally ill, African American cancer patient who unwittingly provided the ubiquitous cells that became the “work horse” of cancer research for decades.

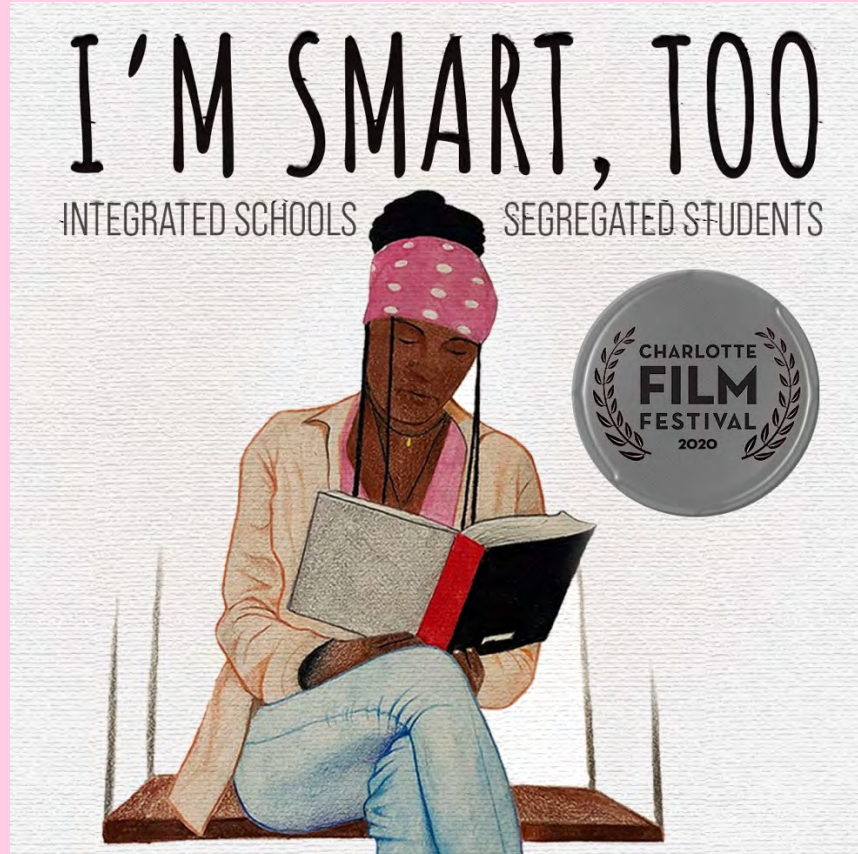
All members are invited to join for one session or as a member of the group. To receive an invitation contact Mary Ann Bents at mabents@verizon.net or (667) 967-0147. If you are unfamiliar with ZOOM, Mary Ann will walk you through the procedure.

AAUW ODC BRANCH MEETING

Saturday, January 23, 10:30-noon.

We have been invited to join the Chapel Hill Branch for their upcoming meeting (see flyer on next page). Dr. Kim Talikoff, producer of the film “I’m Smart Too,” examines with AAUW the disparities created in sorting/tracking school children. These gaps were studied in the Chapel Hill-Carroboro City Schools. This short documentary gives voice to educational experts, students, and parents who reveal the damage done as potential and promise in our public education system is squandered. Register here to join the meeting via Zoom: <https://tinyurl.com/AAUWODCJan2021>.

AAUW ODC January Branch Meeting
Saturday, January 23, 2021
10:30 am – noon



***I'm Smart, Too* – Film Viewing and Discussion with Producer, Dr. Kim Talikoff**

School districts across the country agonize over racial achievement gaps that remain a staunch reality despite countless programs and initiatives.

I'm Smart, Too takes a look at one public school system, Chapel Hill-Carrboro City Schools (CHCCS), to examine how the practice of sorting and tracking school children, starting in the earliest grades, creates insurmountable disparities in educational opportunities while also shaping all students' perceptions of capability and worth.

In this short documentary, the voices of educational experts, students, and parents sound an alarm about the tremendous damage we do when we squander students' potential and the promise of our public education system.

Register here to join the meeting via Zoom:

<https://tinyurl.com/AAUWODCJan2021>

We Holiday ZOOMED!

Let's play P - A - N - D - E - M - I - C
Curses and Blessings! And that we did.

Big thanks to everyone, members and friends, who attended our **Holiday ZOOM Meeting on Dec. 18** for sharing your pandemic curses and blessings. Your responses were thoughtful, funny, insightful, creative, revealing, wistful, and heartfelt. We've had a year like none before, that's for sure. Big sigh.

For members who weren't able to attend, we missed you! Everyone was assigned a letter in the word "pandemic," then asked to name a curse (Round One) and a blessing (Round Two) using a first word that began with her assigned letter. Might as well work our brains a little, too.

Whether you were present or not, I invite you to play along now. Take a little time to name some of your curses and blessings of this most unusual year.

What are your pandemic curses? Some examples to stimulate your thinking:

- P — Puttered around; accomplished little
- A — Angry at mask resisters
- N — No more travel
- D — Discouraging, distressing news

- E — Energy level lower
- M — Miss eating out
- I — Isolation from family and friends
- C — Cancellations and closings

We named a lot of curses at our meeting — things we've missed, lost, and dreaded, things that made us angry or fearful.

But we also named and celebrated our blessings. What are your pandemic blessings? Again, some examples:

- P — Phone calls to/from old friends
- A — Appreciation for essential workers
- N — Neighbors who helped
- D — Discovering new interests
- E — Enjoying zoom meetings
- M — More time for walks in the park
- I — Introspection
- C — Cooked exotic dishes

Say them out loud. Write them down. Take some time to name your pandemic curses and blessings. Challenge yourself even more. Do the whole alphabet, not just the 8 letters in "pandemic."

And may 2021 be better — with fewer curses and more blessings.

Cathy Veal, 1st VP (Program)



But COVID Is Still With Us...

On Dec 27, 2020, at 11:55 AM, Cathy Veal cathyveal@sbcglobal.net wrote:

Ladies,

Y'all remember Emily Breedlove, the dynamic entrepreneur who spoke at our March 2019 meeting? She and her family have Covid-19. She posted this on Facebook today.

Cathy



Emily Breedlove and her family have COVID.

"I feel obligated to share that COVID is brutal. With the stabbing body pain, lack of sleep, high fevers, and constant cough that rattles your insides...combining that with an overwhelming knowledge of how bad it can get, it's becomes so much more than a virus.

It's easy to claim an "unwillingness" to be afraid when your friends and family are healthy. But the moment that they can't breathe and you question whether or not they'll make it back home, that fear is no longer about "choice." It is simply your reality.

HOW TO FIGHT COVID AT HOME

This was shared on a Covid survivor group...have heard many of these before but it seems helpful. Norma Treadwell

"No one ever talks about how to fight Covid at home. I came down with Covid in November. I went to the hospital, running a fever of 103, a rapid heart beat, and other common symptoms that come with Covid. While I was there they treated me for the high fever, dehydration and pneumonia.

"The doctor sent me home to fight Covid with two prescriptions - Azithromycin 250mg & Dexamethason 6mg. When the nurse came in to discharge me, I asked her, "What can I do to help fight this at home?" She said, "Sleep on your stomach at all times with Covid. If you can't sleep on your stomach because of heath issues sleep on your side. Do not lay on your back no matter what because it smashes your lungs and that will allow fluid to set in.

"Set your clock every two hours while sleeping on your stomach, then get out of bed and walk for 15-30 min, no matter how tired or weak that you are. Also move your arms around frequently, it helps to open your lungs. Breathe in thru your nose, and out thru your mouth. This will help build up your lungs, plus help get rid of the Pneumonia or other fluid you may have.

"When sitting in a recliner, sit up straight - do not lay back in the recliner, again this will smash your lungs. While watching TV - get up and walk during every commercial.

"Eat at least 1 - 2 eggs a day, plus bananas, avocado and asparagus. These are good for Potassium. Drink Pedialyte, Gatorade Zero, Powerade Zero & Water with Electrolytes to prevent you from becoming dehydrated. Do not drink anything cold - have it at room temperature or warm it up. Water with lemon, and little honey, peppermint tea, apple cider are good suggestions for getting in fluids. No milk products, or pork. Vitamin's D3, C, B, Zinc, Probiotic One-Day are good ideas. Tylenol for fever. Mucinex, or Mucinex DM for drainage, plus helps the cough. Pepcid helps for cramps in your legs. One baby aspirin everyday can help prevent getting a blood clot, which can occur from low activity. "

"Drink a smoothie of blueberries, strawberries, bananas, honey, tea and a spoon or two of peanut butter.

"We always hear of how Covid takes lives, but there isn't a lot of information out there regarding how to fight Covid. I hope this helps you or someone you know, just as it has helped me."

Susan Huff, Editor/Publisher

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January Change:

New e-mail:
Debbie Cope
dcope127@outlook.com

Public Policy Update

The Committee met via Zoom on December 8. Present were Princess Ferguson, Susan Huff, Jane DeMartini, Sandi Lancaster, Martha Rumbough, and Sue Hammer, Chair.

We identified areas of interest to our AAUW Branch, in particular the current lack of high speed internet throughout Western North Carolina. Since so much of education currently is via the internet, students who lack convenient access to high speed internet are at a disadvantage. We suggested contacting our NC Legislators on the issue to voice our concern. We want this issue to be a priority. Another concern is that as tele-medicine is more commonly used-lack of high speed internet is an issue in this area also.

From our AAUW-NC Public Policy Chair, Dr. Margie Maddox, we learned that the recently elected Superintendent of Public Education for North Carolina, Catherine Truitt, supports further privatization of public schools including more funding of vouchers and charter schools. Monitoring this is necessary to be sure funding is provided to meet the state's constitutional obligation to provide a sound, basic education for every child.

From the recent election, women's voices were heard as over 52% of voters were female. In the current Congress there are 112 women. In January, 2021, 102 women will serve in the House of Representatives and at least 26 will serve in the Senate. Nine states will have women governors. The Power of Women will be very visible!

All members are encouraged to attend both National and NC webinars when possible. The access information is always provided by AAUW or AAUW-NC. They are well done and provide a great deal of information. Look for announcements of upcoming seminars via e-mail. They last about 1 hour. The presenters are well qualified.

The next Public Policy meeting will be early in the New Year via Zoom. We invite you to become involved as we work in areas where we can make a difference. Join us by calling Sue Hammer (828-694-3686) or e-mail me if you want more information. Happy New Year and continue to stay safe.

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