

WILLMAR BRANCH AAUW

Advancing equity for women and girls through advocacy, education, philanthropy, and research.
APRIL 2014

PLEASE JOIN US!

MONDAY, APRIL 21

6:45 P.M.

**BETHEL LUTHERAN CHURCH (use south door)
“Healthy Bodies—Dealing with Diabetes and Obesity”**

AAUW member ANN KAZEMZADEH is a co-founder and serves as president of Kay’s Naturals in Clara City. Kay’s Naturals markets high protein, low glycemic cereals and snacks that are certified gluten-free for the sports nutrition, celiac, weight loss and diabetes markets. She has led Kay’s Naturals sales team from the concept phase to national distribution with a network of physicians’ offices, major regional distributors, large grocery and drug chains and health food and sports nutrition retailers. Ann has also been a Montessori teacher, an assistant city attorney in Dallas, and a private practice attorney in Arlington, Texas. She has participated in the start-up of other successful enterprises including private schools. Ann holds a law degree from the U. of Houston and a B.A. in history from the U. of Texas, Arlington. Her topic will include: “Food Manufacturers in Today’s Market: Who is Responsible for the Health of the Public.” Sharon Jones and Louise Thoma will serve refreshments.

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AAUW MEMBERS & VOLUNTEERS, WE SALUTE YOU!

Every day, we ask you---our members and volunteers---to make an effort to empower women and girls. Not only do you do this, but you do it well. From leading our national board, to planning state and national conventions, holding fundraisers, and pulling off powerful local programming, you do so much to help realize AAUW’s mission, and we cannot thank you enough. Thank you, thank you, thank you!

---AAUW National Staff

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IT’S USED BOOK SALE TIME!!

Setup:	Wednesday, April 30	5:00 P.M.
Staffing:	Thursday, May 1; Friday, May 2	9:00 A.M. to 7:00 P.M.
	Saturday, May 3	9:00 A.M. to Noon
Take Down:	Saturday, May 3	Noon Until Done

This is our only fundraiser for national AAUW scholarships/fellowships, a Ridgewater College scholarship, and the Willmar Civic Scholarship Fund. If you have books to donate, bring them to the Community Center on Wednesday afternoon or call Betty Schneider for “pickup” at 796-2710 or email her at: betspicer@yahoo.com. Also, contact Betty to let her know when you are willing to help out. Thanks!

MEET MOLLY LOU!

Ridgewater College student, Molly Lou Pintok, has received a state AAUW board grant to attend the National Conference for College Women Student Leaders (NCCWSL) at the U. of Maryland June 4-7. Thanks to Willmar AAUW members for additional funds to make this wonderful experience for Molly Lou possible! Molly Lou is a “non-traditional” student in the new MANE (MN Alliance for Nursing Education) program and maintains a 4.0 GPA. Her goal is to obtain a PhD in nursing while demonstrating outstanding academic and leadership skills. She has three young children and still finds time for volunteer and work opportunities, such as:

- *Volunteer with the Alzheimer’s Association and American Red Cross*
- *Volunteer with Rice Hospital’s Hospice Program*
- *Peer Tutor through the Campus Academic Support Center*
- *Member of the Campus Prism Club (a GLBT support group providing diversity awareness)*
- *Organizer of an Off-Campus Study Group*
- *Member of the Ridgewater College Choir and Play Cast*
- *Employee at Sterling House*

Here’s what Molly Lou has to say about LEADERSHIP:

“It is not uncommon for many to think of control when considering leadership; however, control is counterproductive to the act of leading. Many people attempt to gain control of a group by demonstrating a dominant personality, which often times has unintentional negative repercussions. Ethical leadership cannot be obtained through control. Instead, leadership should be concerned with understanding the group, empathizing with the needs of many, maintaining an unbiased ground, and suggesting positive outcomes that will benefit all involved. Only through the aforementioned actions can one gain what is indubitably essential for the act of leading: RESPECT.”

WHAT ARE YOU READING?

My daughter Nancy said, “Mom, you have to read this book!” So I did. It’s “Book of Ages” by Jill Lepore, a professor of American History at Harvard U. and a staff writer at *The New Yorker*. Lepore researched letters going back and forth between Benjamin Franklin and his younger sister, Jane. They were two of 17 children born to immigrant parents from England. Benjamin, who wrote more letters to his sister than he wrote to anyone else, was the original self-made man; Jane spent her life caring for her children, grandchildren, and great-grandchildren, a life cut out for women in the 1700’s when America was experiencing its revolution. Benjamin taught Jane to read, but she never learned how to spell, one disadvantage of the book as I had a difficult time reading her letters. (The English teacher in me has trouble with typos.) She once wrote to her brother: “*I know I have wrote & speld this worse than I do sometimes, but I hope you will find it out.*” Because Jane was wed to a ne’er-do-well and had 12 children (only one of whom survived into late adulthood), she had to find a means to earn money. She sewed for neighbors and took in boarders. Her brother often financed her and gave her a home in which to live during her later years. This is a story about the American Revolution and the life of a brave woman during those hard times. She lived longer than Benjamin and died at age 83. Her memoirs give us the title of the book. (Jeanette Carlson)