



NUTSHELL

North Harris County (TX) Branch

January 2019

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Board of Directors

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Public Policy	

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Kati Woodward	Special Branch Programs

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It's Peanut Butter Time!

January's **Gourmet** will be a very special event as the group gathers once again to help the Houston Food Bank.

Friday, January 11th, Gourmet and friends will volunteer at the Peanut Butter Cannery at the Church of Latter-day Saints on Hafer St. and 1960.



Last year, 18 members, spouses and friends donated 4 hours of their time to produce 6,700 jars of creamy peanut butter—enough to fill 8 pallets!

If you are interested participating, please contact Jane Egner ASAP at twoeggsjane2@msn.com

PRESIDENT'S MESSAGE

WHAT DO I WANT TO DO IN 2019?

By Mary Smith

What do I want to do in 2019? Who do I have to be to create it? What are you creating in 2019? Who will you need to be?

It's that time of year again when I evaluate what goals I want to set for the New Year. My goals need to be reasonable and reachable. The first goals that attracted me for 2019 came in my email from Memorial Hermann. They were inviting me and many others to join them in a five- week goal plan. Week one is to refresh your diet into a healthy meal plan that tastes good. Week two asks that you recharge your workout. Week three is to be spent rekindling your relationships. Week four is to renew your mind by unplugging and recharging by finding concrete ways to relax. The plan ends with week five wanting you to rediscover your city by following a calendar of events exploring a list of spots that will inspire you.

I also think about leadership. We learn leadership as we go. We likely will never feel

100% ready, eager, prepared, skilled, or proficient to lead. Nonetheless, a leader is a person willing and able to influence behavior. Leaders have solid skill sets that can be relied upon for the task being undertaken. The leader must be capable of either doing the task or able to secure the aid of those who can. Leaders focus toward the goal and should lead by example and have a positive outlook about a project's outcome. A good leader listens to feedback to find out what's working, what's not, where we had the impact we wanted, and where we didn't. What's most important about the feedback is what we do with it. What needs working on, then what will shift the results so that things are better the next time.

So, are you willing and able to influence behavior?

We are influencing others all the time anyway, so wouldn't it be wonderful to do so intentionally?

WHAT WE ARE ALL ABOUT

By Mary Smith

A few years ago, when I retired from Cy Fair, a friend invited me to the membership luncheon for AAUW. I was looking for some activities such as bridge and perhaps a literature group or quilting club to fill my time. Soon after that luncheon, Barbara Hine called and invited me to the bridge group and I began my adventure with North Harris County AAUW. Little did I know what wonderful things this branch really was all about.

As I listened to members share about meetings they were attending or fundraisers they were planning, I began to get an inkling of the magnitude of what this branch accomplishes. For a relatively small group of 125-145 women, you achieve a tremendous number of excellent things in North Harris County.

Continued on page 3



With your continued support of the Fellowship Fund, we are creating a legacy for women and girls and a foundation for lasting positive change. Since 1990, we have contributed over \$298,000 to more than 80 local schools and community nonprofit organizations for 182 educational projects for adults and students from pre-school to college age, including high school summits. (We have given locally since 1974 but only have records since 1990.) [from the Directory]

These precious photos are from three of our grants at LOCAL schools which were completed in the 2017-2018 school year. This year we are in the process of visiting the grants awarded at last year's OWL luncheon. I cannot wait to visit the butterfly garden at Truitt Middle School later in the spring. The Fellowship Fund Grant Committee met in December to choose the finalists for this year's winners to be announced at the 2009 OWL luncheon in



March. The Board of Directors will formally approve their choices January 10.

We, as a Branch, raise money for these grants, for the Summits, and for the scholarships through the Parties with a Purpose, the auction, the raffle, and the luncheon tickets we sell. Part of each ticket is a contribution to the Fellowship Fund. The Casino Party funds our contributions to National LAF each year. More (woman) power to you, North Harris County American Association of American Women! **The second Party with a Purpose is approaching on Wednesday, January 9 from 3 to 5 p.m. at Sue Mason's home.** Everyone is invited to attend. If you donated to the first Party with a Purpose in November, we encourage you to come and visit and celebrate your friendship with the incredible women in this outstanding branch. Bring a friend not in the branch and be entered into the drawing for a \$25 gift card to Perry's Steakhouse. Again, the theme is "Have a Good Time in 2019!" so anything goes that will be for fun- tickets to the theater, to the spa, for a massage, to the movies, etc. **Don't forget to RSVP to Sue Mason at sue-mason@sbcglobal.net. See you there.**

Outstanding Women's Luncheon



This year we are very excited to have Dr. Patricia Gail Bray as our speaker. She is the Managing Partner for West Lake Health Consulting in Sugar Land. She is also the founding Director of the BridgeUp



Center at The Menninger Clinic in the Texas Medical Center. Some of you may remember hearing Dr. Bray speak at the AAUW State Convention last April. For those of you who missed her speech, you are in for a delightful

and energetic presentation by someone who has a passion for women's health. Dr. Bray has served as Executive Director and Chief Academic and Administrative Officer for the St. Luke's Episcopal Health Charities and was the founding Vice President for Research for the Episcopal Health Foundation. She received her PhD in Management and Policies Sciences from The University of Texas Health Science Center at Houston, School of Public Health. She currently holds an adjunct appointment at the School of Public Health and is a senior fellow with the American Leadership Forum.

**SAVE THE DATE:
SATURDAY, MARCH 2, 2019
OUTSTANDING WOMEN'S LUNCHEON HONORING
DEBBIE JOHNSON FOR COMMUNITY SERVICE
KATI WOODWARD FOR EDUCATION**



Join us for Daytime Bridge on Tuesday, Jan. 8th, 2018 from 9:45 am – 2:30 pm. Hostess Barbara Hine says she would really love to have everyone there on time.

Reservations are a must! Email barbarahine1@gmail.com or call 281-433-5710.

The group plays at the Hilton Garden Inn, 7979 Willow Chase Blvd. Plan to play until 2:30 pm so everyone can enjoy a full day of bridge. Please socialize before and after. Coffee and water are furnished.

GREAT DECISIONS

Great Decisions is a discussion group created by the Foreign Policy Association to facilitate conversation on American foreign policy as it impacts other countries. Each year we select 4 topics from the Great Decisions Briefing Book which can be purchased for \$30.00 on line at www.GreatDecisions.org or from the Brazos Bookstore at 2421 Bissonnet St.

We meet in members' homes at 7:00 for wine/dessert/coffee followed by discussion at 7:30. If you have any questions about Great Decisions, contact Mary Jane Petrick. It is very important to RSVP to the hostess so she knows how many to plan for.

Monday 2/4:

Refugees and Global Migration

Mary Jane and Tom Petrick
8611 Sterling Gate Circle (gate will be open)
Spring, TX 77379
713-598-1030
Maryjanepetrick@gmail.com

Monday 2/18:

The United States and Mexico: Partnership Tested

Linn and Jack Smyth
6539 Prairie Dunes
Houston, TX 77069
281-610-4540
Linn.smyth@gmail.com

SHANNON PERRY TO SPEAK AT WINDFERN SUMMIT

By Mary Smith

Funny, gracious, energetic, kindhearted, warm, compassionate, witty, and sincere are just a few of the words used to describe Shannon Perry. An Award-Winning Author and a contributing writer for numerous magazines and websites, Perry writes for both adults and teens but will focus on how teens can stay balanced in their lives and will bring a copy of her book for every student. Her book delves into the common issues that teens face such as bullying, suicide, drugs, and cutting. She holds a master's degree in Education and Counseling and is a Certified Instructor in Parenting Classes and Crisis Counseling.

Windfern High School is in the Cypress Fairbanks school district and is a school of choice. For those of you who are familiar with the Klein district, it is like Vista. Windfern has junior and senior girls who apply to attend Windfern from another campus. Since Windfern has no extracurricular activities, students can gain extra course credits, which can be used to graduate early or to catch up if a student is behind in credits. The girls will be called "Lighthouse Ladies" and that will be featured on the T-shirts which NHC AAUW will provide for the day.

Susan Calda, the administrator in charge of the Summit, is busy lining up the leaders for the various sessions. The Summit will be on January 31. If you are interested in being a facilitator for the day, please contact Kati Woodward at katiwoodwardaauw@aol.com or Mary Smith at mmsmith11627@att.net.

President Mary Smith sent out a Letter to Contributors form for those wonderful members who are going out into the community to ask for contributions for the 2019 Outstanding Women's Luncheon. It is important to remember that the second half of the letter needs to be filled out and turned in with the contribution that you collect - including gift cards.

If you did not get a copy of Mary's instructions and/or the form, please contact Mary at: mmsmith11627@att.net for a copy.

Prime Time Lit

Discussion starts promptly at 6:30 pm. If you want to order food and/or visit, plan to arrive at 6 pm. We meet at Spring Creek Barbeque, 4220 FM 1960 W.

On January 28th, Mary Jane Petrick will lead a discussion of [Before We Were Yours](#) by Lisa Wingate.

Travelmania

Tuesday, January 15, 2019

1:00 p.m. Social; 1:30 p.m. Program
The Village of Gleannloch Farms in their
Multi-Purpose Room
9505 Northpointe Blvd, Spring, TX 77379



A program on our national parks has been our most requested topic, and Linda Massie has been to many of them. The parks offer fun, adventure, and some of earth's most spectacular scenery. Avid hiker Linda Massie "Visits" some of her favorite parks on January 15th with using her PowerPoint program. Be prepared for her questions on "Which park has _____?"

RSVP to Sue Mason, Chair, by Thursday, January 10th so we can plan for refreshments. Email sue-mason@sbcglobal.net, call 281-376-3699 (h), or call/text at 281-788-9937 (c)

Exploring America's Treasures - Our National Parks Presented by Linda Massie

Kay Holland and Donna McDaniel will bring refreshments; Lena Habiby will be the greeter. Join us and enjoy the photos and adventure.

The beautiful donations we gave to The Village for their Christmas sale brought in more than their value! Kati Woodward donated a red Christmas tree serving platter & four mugs, and a mystery donor gave four glass serving bowls on an acacia wood platter. We also collected \$150 at the October meeting to give to The Village in appreciation for letting us meet in their Multi-Purpose room for two years at no cost to us. They were most appreciative! Thanks to all of you!

IMPORTANT NOTICE: DAYTIME LIT NEWS: IMPORTANT NOTICE:

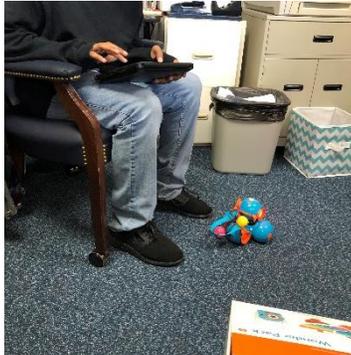
Our February 7 meeting will be held in the Cypress Room of Hasta la Pasta; lunch will be served. You will have three entrée choices – Lasagna, Eggplant Parmesan or Chicken Caesar Salad – plus a choice of house salad, Caesar salad or tomato basil soup; non-alcoholic beverages are included. Menu choice is not needed at time of reservation. **The cost will be \$22/person, payable to Elizabeth Wilson no later than January 31. Your check will be your reservation.**

The book for February is **Killers of the Flower Moon: The Osage Murders and the Birth of the FBI**, by David Grann. The reviewers will be Shirley Ada and Jane Egner.

Fellowship Fund Report

In August of 2018, the North Harris County AAUW Fellowship Fund Committee notified over fifty local 501c (3) organizations that it was accepting applications for STEM-focused grant proposals. In October we received 17 grant applications requesting a total of \$65,476.63. The Fellowship Fund Committee Vice-Presidents and the Branch president screened the applications and eliminated those which were not STEM-related, over budget or incomplete. The committee members then personally interviewed the remaining applicants about their projects. The committee has met and selected several finalists which will be submitted to the NHC AAUW Executive Board for final approval. Your Fellowship Fund Vice-Presidents are very excited about our finalists and can't wait to award \$28,900 to our local recipients at the Outstanding Women's Luncheon in March.

Fellowship Fund Committee members have also completed three visits with 2018 grant recipients. We shared our visit with the CASA4Kids (Teaching Enthusiasm for Reading to Girls in the Foster Care System) earlier in the fall. In November, we completed visits to the Maybelline Carpenter Center (Computer Coding at Carpenter Center) and the Barbara Bush Library (FASCINATION Station: A Mobile STEM and Maker Center.)



Thursday, January 17, 2019
7:00 p.m. at Greenwood Forest Residents Club
12700 Champion Forest Drive, Houston, 77066

Joanna Peak, M.A. Fitness and Flexibility



Please bring a "SCRATCH OFF" to the Program on January 17, Joanna Peak, Fitness and Flexibility. SCRATCH OFFS can be purchased at the service station for \$2 or \$5 and will be used in the auction on March 2. They come in a variety of types, crossword puzzles, bingo, etc.

It's the New Year, so let's get fit and flexible with Joanna Peak. Joanna has an M.A. in Exercise Physiology and is the owner and personal trainer of Peak Fitness. She provides individualized workouts to men and women of all ages and fitness levels. Come dressed in comfortable clothes so you can participate in a light stretch/workout session.



I just burned 1200 calories.
I forgot the
pizza in the oven.

Gourmet Holiday Luncheon Photographs



Lena Habiby reminds all interest groups to take photos and send them to her in large MB. As archivist, she needs to collect them for our Branch history and our scrapbook. Send photos or questions to Lena at lena.habiby@sbcglobal.net

Activities Updates

World Today

The group next meets at 1 pm January 10th at the home of Sissie O'Malley. Discussion will cover the Mueller investigation.

Busy Hands

Meets at its new location on Walters Road. For more information, please email Lynn Morris:
lmorris281@sbcglobal.net

Beyond Candy Crush

The group meets Thursday, Jan. 24th at the home of Liz Wilson for a planning meeting. Social 9:30, meeting 10:00 am. RSVP to Liz:
Elspeth47@earthlink.net

Screen Savors

Feel like catching a movie after the holidays? Join Screen Savors Tuesday, January 29th (note date change). Interested?
Email Jane Egner at
twoeggsjane2@msn.com



HAPPY BIRTHDAY IN

JANUARY TO:

J. Stacy	1 - 01
J. Henderson	1 - 02
K. Grace	1 - 10
M. Sigler	1 - 13
R. Wysocki	1 - 17
L. Habiby	1 - 24
D. Wendt	1 - 30
M. McVeigh	1 - 31



Know someone who could use a note of encouragement, a get-well card, or just a thinking of you card? If so, e-mail or call Sharon Glasgow; she will send a note or card on behalf of NHC AAUW.
Sharon Glasgow 713-412-0990
glasgow_sharon@yahoo.com

January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Daytime Lit	4	5 Deadline for Bridge RSVP's
6	7	8 Bridge	9 Party With a Purpose	10 World Today/ Board Meeting	11 Gourmet Makes Peanut Butter	12
13	14	15	16 Mah Jongg	17 Branch Program	18 Busy Hands	19
20	21	22 Travelmania	23	24 Beyond Candy Crush	25	26
27	28 Prime Time Lit	29 Screen Savors	30	31		

CONTACT INFORMATION UPDATES

Please send any changes of address, phone numbers, or email addresses that you would like the branch members to be aware of to Membership VP Brenda Van Derbur. She will issue cumulative updates to the yearbook/directory.