



## Atlanta Branch News

### February 3rd Meeting

Amira Saleh

Our AAUW Atlanta Branch program on February 3rd from 11am-1pm will feature Staci Fox, President and CEO of Planned Parenthood Southeast. Lunch from Jason's Deli will be served; the cost is \$15, cash or check. Deadline to RSVP is Monday January 29th (please note if you are bringing a guest).

The St. James United Methodist Church is located on the corner of Peachtree Dunwoody Rd and Loridans Drive. Enter the Loridans Drive entrance for the back parking lot located behind the church. Enter the far left door into the Sunday School Building. Take the elevator to the third floor. The meeting will be held in room 305-309.

See you all there!

### 2017-2018 Leadership

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### Co President's Article

Blondie Wilson

Welcome to American Heart Awareness Month, Atlanta Branch members! Thanks to each of you for your tireless work to empower women and girls and your diligence, time, talents, given to our Branch last year.

February, the month designated to awareness of heart health, is of great importance to women, as heart disease is the number one number killer of women, claiming the lives of one in three women every year, meaning one woman dies of heart disease every minute (American Heart Association).

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Heart disease does not affect all women alike and there are many types of heart disease; the symptoms women experience are different from those of men. Women's symptoms are often non-specific, such as fatigue and headache. Ninety percent of women have at least one or more risk factor for developing heart disease.

Not only does heart disease take lives, it has an economic toll. About 92.1 million American adults are living with some form of cardiovascular disease or the after-effects of stroke. Direct and indirect costs of cardiovascular diseases and stroke are estimated to total more than \$316 billion annually; that includes both health expenditures and lost productivity. But change is possible. We can make a difference in our community by using this month to raise awareness about heart disease and how people can prevent it, both at home and in the community. We can use spices instead of salt. We can encourage teachers and administrators to make physical activity a part of the school day and model other positive health habits to help students start good habits early. Other preventive actions to lower our risk for heart disease include watching our weight, quit smoking, controlling cholesterol and blood pressure, using alcohol in moderation, eating a variety of healthy foods, getting enough sleep, and increasing physical activity.

It's one thing to know what you should do to lower your heart risks. Doing them takes time, focus and support — which are challenges for many women.

Women in Atlanta can visit The 10,000 Women Project, an initiative of the Emory Women's Heart Center, which offers preventive care services and support needed to meet personal goals.

As AAUW members, we recognize that advancing women and girls have always meant improving their quality of life. I hope that each of you will do something positive for your health and work toward improving the health of our community. The American Heart Association's *Go Red for Women* movement calls attention to the need for more research into women's heart health. This year wear red on February 2 to celebrate!

*Leadership, continued*

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**MEETING OUR MEMBERS: KAY COLLINS**

Mary Lynn Merkle

Kay has been an Atlanta Branch member since 1982 when she made a career move to Atlanta from Chicago. She joined when she went to the Bookfair at Lenox Square Mall, discovered the Branch had a book discussion group and signed up! And, as they say, the rest is history.

She was born and raised, along with one brother, in Urbana, Illinois—known as the Corn Belt and home of the University of Illinois (just about 130 miles south of Chicago) where her father was a faculty member. Kay graduated from the University of Illinois where she majored in Retail-Interior Design. In addition to her coursework, she was part of a folk song club, and also worked part time for the University. As secretary to the head of public relations for the Extension Division, Kay often accompanied the photographer and helped with names of the participants in fire and police summer schools. But her favorite job was her work at the University's television station, WILL-TV, because of the creative opportunities and the people involved.

After graduation she moved to Chicago and found work with a small advertising agency. In Kay's words, "I got this job because I knew what the word 'media' meant, and I could type." She continued in media buying and planning with several agencies until a former co-worker recommended her for a media job in Atlanta. A March interview helped "seal the deal" as the Atlanta spring clearly surpassed the cold and windy Chicago winter. So she became an Atlantian. She has been "retired" since 2005.

Kay has been an active member of Atlanta Branch for all of her 36 years of membership. She is currently completing her last few months of a second two-year term as membership vice-president. While it has been a very successful two terms, that's not all Kay does to make our branch vibrant and interesting for its members. She has, for many years, served as the coordinator of our Contemporary Literature group. She also currently serves on the Bylaws committee and is chair of the Advisory Board (composed of former Branch presidents). Until recently, she also served as secretary of the Bookfair Steering Committee. Her most recent contribution has been the development and editing of the all-member survey that was sent out very recently.



Through the years Kay she has served the Branch well including a term as Branch president and her continuous committee work. She serves because she believes in our mission to support women and girls and having all options open to learn and to work. You can be sure that Kay will continue to be an active member and worker for us in the years to come.

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Kay is a “doer.” She has been a board member for many years in her condominium, including a term as president. She is an active participant in Senior University of Greater Atlanta (SUGA), has served on its board of directors and is currently the coordinator of their book club.

If you try to reach Kay without success, it might be because she’s traveling, one of her favorite activities (besides Atlanta Branch). She started young when she travelled the USA with her family. Since those early days she has visited all but eight of the states and countries in Africa, Asia, Mideast, Europe, Central and South America. A favorite memory was her first foreign travel—to Kenya. This was first “alone” without family...

If there’s an important job to be done, Kay’s the person you want. She is detail oriented, she is conscious of deadlines, and she loves AAUW, Atlanta Branch! We are continually blessed by Kay’s enthusiasm and grateful for all she continues to do for the Branch.

### **Tutoring Anyone**

Bea Meyer

In September I began tutoring a kindergarten boy at Dresden Elementary School in Chamblee. Cristian is from a non-English speaking home. Though I believe his father does speak some English. It has been a learning experience mostly for me, I believe. My greatest lesson learned is to slow down. In addition to teaching letters and sounds, I find great value in looking at pictures and discussing the English names for these - giraffe, park, lawn, house, etc. I tutor two afternoons a week. I became involved through AAUW and the wonderful support you are giving this deserving school and its children through book donations and financial support. Please check out Dresden Elementary School Foundation on Facebook. You will see a picture of your involvement. I would so enjoy your tutoring with me.

### **Pictures from WSB-TV Travel Group**



## Contemporary Literature

Kay Collins

The group will meet Monday, February 5 at the home of Mary Hanson at 10:30 AM. The book we'll discuss is "LaRosa" by Louise Erdrich. If you have questions, contact Kay Collins.

## WATCH YOUR EMAIL for MEMBER SURVEY

The Atlanta Branch is asking all members to complete a MEMBER SURVEY. The form will be sent via email to all members with that service. A paper survey will be sent to those who don't use or have email. Leadership is interested in your ideas for programs. What would you be enthusiastic about? Helping with? It can be a short project or a longer one like Bookfair. We are not seeking to replace Bookfair! Tell us what other ideas and events would interest you and other members. Possibly we could join with other organizations to support an event or project.

## 2018 Update: Kopila Valley Project

Alta Birdsong

As you may remember, AAUW Atlanta Branch AAUW has supported the Kopila Valley Project in Surkhet, Nepal which is funded by the BlinkNow Foundation, a 501(c)(3) organization located in Mendham, NJ. Its Board of Directors oversees the handling of finances for the Nepal operations.

Over the years, there had been discussion among Branch members about how we might support international women in poor, emerging countries, a project where we could receive information as to how our funds were being used. On Thanksgiving Day, 2015 CNN announced that Maggie Doyne was its "Hero of the Year" for her development of the Kopila Valley Project in Surkhet, a small area of poverty at the base of the Himalayas. The story of how she used her babysitting earnings to provide a foundation for helping women and children earn money is available online.

Today the project is run by Maggie and Top Malla, a Nepalese educator who are the organization's co-founders, which celebrated its 10th year of service. The Atlanta Branch has sent \$3,000 in the past two years and have allocated \$1,000 for this fiscal year. A generous supporter has made a \$50,000 matching gift grant and by sending the money now, it should generate another \$1,000 from the matching fund. There is much information online through the BlinkNow Foundation and Kopila Valley Project. Please view to learn more about the activities. The Atlanta Branch should be proud of its contributions to this worthwhile international project and take ownership in its continuing work.

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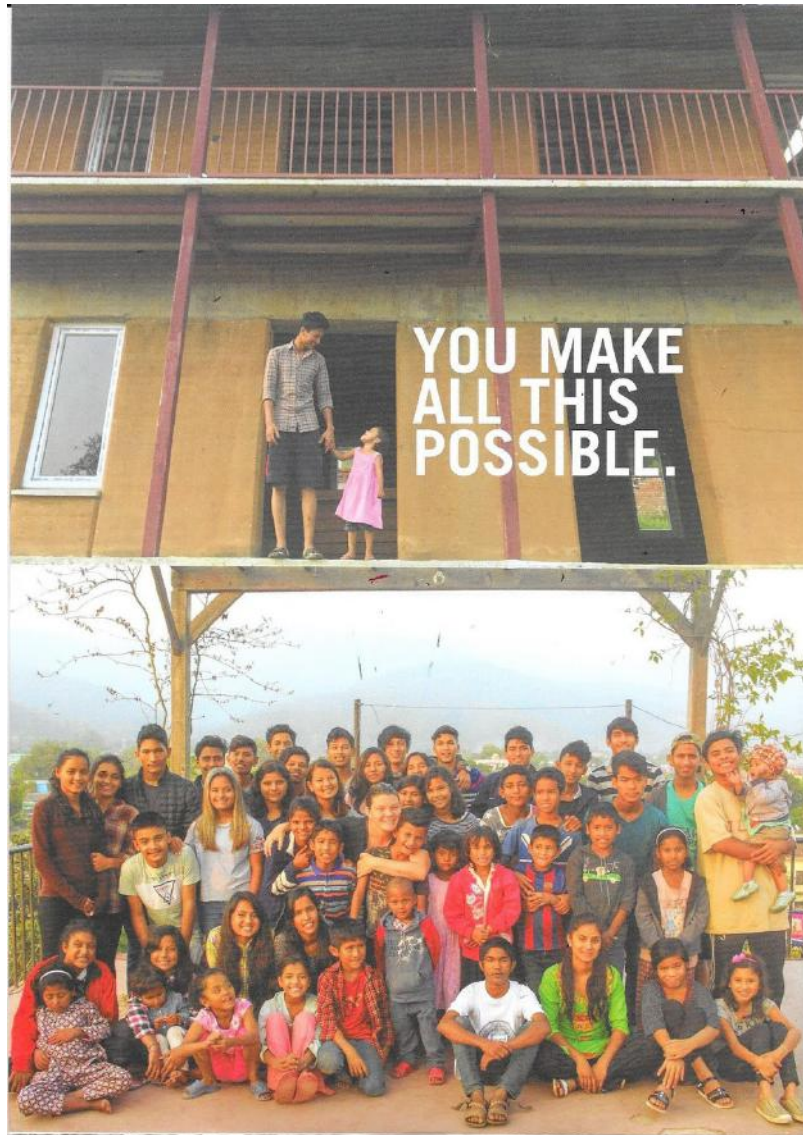


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Here is an excerpt from a holiday letter from Maggie Doyne:

*We have changed the lives of hundreds of women and children at Kopila Valley. We are extremely grateful to you for making all this possible. I am excited for the next chapter of our story together. We will continue our work to change the world by empowering Nepal's children until every child and woman is educated and free from the barriers that hold them back.*

*With deep gratitude,  
Maggie Doyne*



**Travel Group**

Betty Arden

The AAUW Travel Group will meet at 10 am at the Ansley Mall Kroger store on February 8 to carpool to the recently reopened American Hotel, operated by Doubletree by Hilton located at 160 Ted Turner Drive, NW (formerly Spring Street). Ahead of its time when it opened in in 1962 at the Americana Motor Hotel, it played an integral part in the civil rights movement and Atlanta sports history. The \$16 million retro renovation embraces mid century modern furnishings and design and unusual room features.

Call Betty Arden for more information.

**Membership SALE!**

Kay Collins, Membership VP

Half-price membership! If dues for new members are paid from now through March 15, 2018, membership in the Atlanta branch is \$ 38.50. This is through June 30, 2018. National, state of Georgia and the Atlanta Branch reduce annual dues by 50% during this sign-up period. Half-price for half-year! The form is online at [aauwatlanta.org/Membership](http://aauwatlanta.org/Membership). Student dues are not as affected so please call Kay, for specifics.

**Welcome New Member:**

Callie Orsini

Univ. of Georgia.

Callie now works for the City of Atlanta in the water department. Callie's grandmother is a member in New Jersey and signed her up!

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**Calendar**

February Meeting	2/3
Contemporary Literature	2/5
Travel Group	2/8
Spring Convention	4/13-14

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

