



empowering women since 1881
 Northeast Tarrant County (TX) Branch

Scoop

MARCH 2017

Inside this Issue

From the President's Pen *By Ginny Phoenix*

SPRING RENEWAL

After a very long winter, spring will officially arrive soon. The spring or vernal equinox is the day of the year when light and dark are balanced. True or not, it's said that on this day you can balance an egg on its end. And by the way, the egg is the universal symbol of rebirth. What better time than spring to re-group and re-prioritize, and even re-invent ourselves, and the lives we find ourselves living. Here are some spring "rituals" to help you get started.

- **De-clutter your living space.** Get rid of anything you no longer need such as clothing, kitchen items and medications and first aid products beyond their expiration date.
- **Clear out mental and emotional clutter.** Allow yourself to let go of the past to make room for new things to come into your life.
- **Start a Practice.** A new discipline will ensure that you invite mindfulness into your life. A daily practice affords you a "time-out" from your everyday routine.
- **Begin something brand new.** Focus on spring as a time of new beginnings and resolve to do something you've always wanted to do. Assess your health. Explore your creativity.
- **Spend time outdoors.** Plant a garden or tree and watch it grow, build a birdhouse or just take a walk.
- **Take a trip.** A personal retreat away or a weekend for reflection, a family reunion or family vacation.
- **Simplify your life.** Slow down to find a way to quiet our minds and make quality time for ourselves, reorganize your highest priorities and re-evaluate your commitments (**Let AAUW be one of your highest priorities**).

Hopefully, these seven rituals for renewal will set you on course for a life that is not only fulfilling and meaningful---but fully your own.

Excerpts taken from an article by Abigail Brenner, M.D., a psychiatrist who is the author of *Transitions: How Women Embrace Change and Celebrate Life*.

A BIG THANK-YOU

I want to thank Ilze Kalnajs for stepping up to take over the position of Co-Finance Officer for the remainder of the two year term which ends June 30, 2018. I know Anita Thetford, our experienced Finance Officer, will show her the ropes and share the work of the office with her.

LET'S WIN THIS CONTEST

Join in our AAUW Texas Lobby Day in Austin on April 4. AAUW TEXAS is giving \$100 to the 7 branches who bring the most members to this Pay Equity Day event. Let's see how many NETC members we can get to go to this event. Let me know if you can attend at ginnyphoenix@hotmail.com and if you can drive so we can plan carpools.

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AAUW NETC Branch Membership Committee

By Cheri Butler and Paula Jernigan

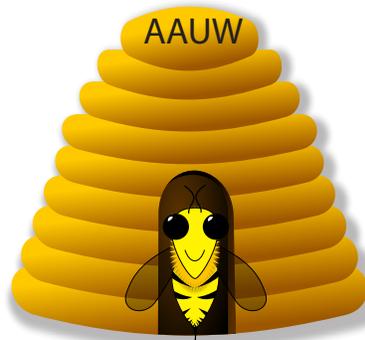
NETC Branch Welcomes Two New Members

We are happy to welcome two new members to the NETC branch of AAUW. Chasity Crawley and Shay Girard attended the February meeting and enthusiastically joined our group. Chasity earned her BBA from George Washington University and an MBA from Texas Women's University. She currently serves as a Management Analyst for the federal government. Chasity is a recent AAUW grant recipient and will be our speaker at the April meeting. We are look-

ing forward to getting to know Chasity as she brings her leadership development skills and her interest in speaking, mentoring and volunteering to our Branch. Shay Girard holds a BS in Social Work from Texas Tech University and currently serves as the Director of Development for House of Shine, a non-profit agency that focuses on leadership development programs for children and women. Shay is looking forward to assisting the Branch in program

planning and working with girls through Keys High School and Full STEAM Ahead.

We know you'll enjoy getting to know these new members as they get involved in Branch activities. Keep inviting your friends and co-workers to meetings. Together, we'll continue to grow our local Branch and make a difference in the lives of women and girls in our community.



There can never be good for the bee which is bad for the hive.
~Emerson



AAUW NETC Branch March Program

By Marilyn Matthews and Kathy Prado

The next general meeting of NETC will be held at Mission Central in the Village Square Shopping Center on Pipeline Road in Hurst. The program was scheduled to be presented by Kenneth Bennett, Mental Health Coordinator for Hurst, Euless, and Bedford Police Departments. A few days ago we learned that Mr. Bennett is on personal leave indefinitely. Perhaps he will be able to present at a later date. Our own Paula Jernigan and Lori J. Kaspar

graciously agreed to share some important information with us that evening. Paula, director of Mission Central, will give us a short overview about the vital work that is done by staff and volunteers at Mission Central. Afterwards, Lori, former Assistant District Attorney, Hood County, will update us on upcoming Texas legislation. Please join us at 6:30 p.m. for food, fellowship and our program Thursday evening **March 9, 2017.**

KEYS Learning Center

By Nelda Rogers

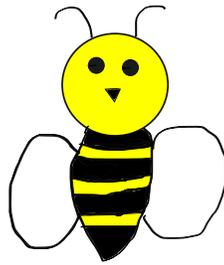
The KEYS Committee under the direction of Barbara Brasco will meet at her home on **March 7** with homemade chocolate goodies in hand to assemble bags to be left in the 25 KEYS teachers' and staff's mailboxes early on **March 8**. Spring Break for the HEB school system begins at the end of the school day on **March 10** so that whole week will be full of excitement. It's our goal to help them make it through the week by providing "CHOCOLATE". The bags will be unique with the logo designed by our own member, Carol Fisher. We want to share it with you:

Treats for Teachers

from AAUW

Northeast Tarrant County Branch

We are still receiving gift cards and will deliver them at the same time.
Thanks for all you do. It makes our job a lot easier.



Be like the honeybee who gathers only nectar wherever it goes
Seek the goodness that is found in everyone.
~Amma

Winning In New Roles (WINR) Scholarship

By Dixie Christian, Mary Cinatl, Janet Key

Our committee is pleased to report that our 2016 scholarship recipient, Tammie Martin, has completed the fall semester at Tarrant County College (TCC) and is enrolled in the spring semester. With completion of her classes this spring, she will be on track to receive the matching funds of \$500 per semester from TCC for the following fall and spring semesters. Our committee visited the WINR classes in November in order to distribute scholarship applications. We hoped this visit would encourage students to set goals for applying for the scholarship to be awarded this spring. We plan to visit again in April. The deadline to submit applications is **May 26, 2017**.

AAUW NETC Branch Bridge Group

By Mary Lou Bass and Gloria Long

There are two Bridge Groups: Daytime and Evening. Daytime Bridge usually meets on either the first or second Thursday of each month at 1 p.m. in the home of a branch member. The Evening Group usually meets on the fourth Thursday of each month at 7 p.m., also in a member's home. **Evening Bridge** contact is Mary Lou Bass. **Daytime Bridge** contact is Gloria Long.

Daytime Bridge will not meet in **March**. In April we will meet on Thursday, **April 6** at 1 p.m. The hostess is TBA.

Evening Bridge will meet on Thursday, **March 23** at 7 p.m. Host is TBA.



AAUW NETC Branch Gourmet Group

By Mary Ann Goetz

Cocktails, Conversation, and Dinner
March 3, 2017

Great Scott Winery and Ale House Restaurant

Come one and all members, friends, husbands, significant others for Happy Hour with appetizers, and dinner Your choice. Separate checks as usual.

Great Scott Winery and Ale House Restaurant at 1701 Cross Roads in Grapevine, Texas.

We will convene at 5:30 to 6:30 p.m. for Happy Hour and then to dinner if you desire.

Please RSVP Mary Ann to let her know whether you will attend Happy Hour, dinner or both. RSVP Mary Ann Goetz, margoe7762@gmail.com by **March 1**.

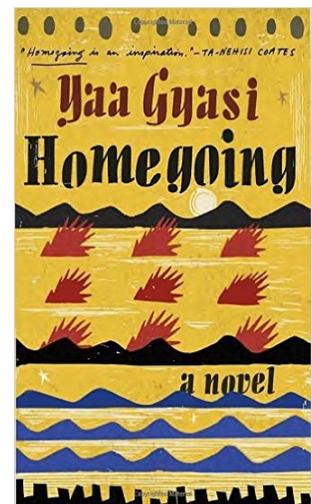
AAUW NETC Branch Lit Group

By Donna Baumgartner

March Lit Group will meet at the home of Polly Post at 7 p.m. on Thursday, **March 16**. We will discuss the historical novel, *Homegoing* by Yaa Gyasi. All members of the branch are invited to join us.

The author, 24 year old Yaa Gyasi, was born in Ghana and raised in Huntsville, Alabama. In her debut novel she draws a legacy of slavery fully revealed in light of the present day. Progressing through 300 years of Ghanaian and American history, the narrative unfolds in a series of concise portraits, and every portrait reads like a short story unto itself. By combining the historical perspectives of each descendant, the author reveals that racism is often rooted in tribalism, greed, and the lust for power. Readers may be surprised to discover that the enslavement of Africans was not just a white man's crime.

[p.23] "The need to call a thing 'good' and another 'bad'; one thing 'white' and another 'black' was an impulse that Effia did not understand. In her village, 'everything' was 'everything'. Everything bore the weight of everything else.



AAUW NETC Branch Cultural Group

By Jean Dodds

Thursday, **March 2** - Dallas Arboretum for Spring Blooms. The blooming flowers are ahead of schedule with all the warm weather we have had. No frost forecast between now and then and the forecast that day is a high of 65 degrees and sunny. We will meet at Georgia Kidwell's at 9:15 a.m. to carpool to Dallas and have lunch out.

Saturday, **March 11** at 11:55 a.m. at RAVE Cinema, Hurst.
Metropolitan Opera at the Movies - *La Traviata*. Tickets \$25 adult and \$23 senior.

Saturday, **March 25** at 11:55 a.m. at RAVE Cinema, Hurst.
Metropolitan Opera at the Movies - *Idomeneo*. Tickets \$25 adult and \$23 senior.

Please email Jean Dodds at jdodds0630@gmail.com if you would like to go to any of these events. I will have a limited number of free tickets for the Met at the Movies.

By Mary Ann Goetz

North Richland Hills Library
Behind the Book with Lisa See
Monday, **March 20**

Join us as we welcome New York Times bestselling author Lisa See!

Ms. See will visit to release her newest book *The Tea Girl of Hummingbird Lane* on Monday, **March 20!**

A ticketed reception with the author will be held from noon-12:40 p.m. followed by a free speaking engagement at 12:45 p.m. immediately followed by a free book signing.

We have read *Shanghai Girls* by Lisa See and have seen her through DMA's Arts and Letters. She is very entertaining. I will purchase my ticket and anyone who wishes to purchase a ticket to the reception do so through the library website. Her new book will be included in the price. You can also attend the talk free of charge. Let me know and I will try to get seats together. This should be a very popular event. RSVP Mary Ann Goetz at margoe7762@gmail.com



Meetings in the Wider AAUW Community

By Gloria Long, North District Representative

SAVE THE DATE: AAUW Texas Legislative Day is Tuesday, **April 4** in Austin. The topic this year will be passing Equal Pay legislation. Training on what to say to your legislator will be held before we start knocking on doors. Please consider joining us that day.

SAVE THE DATE: On April 8, our branch meeting will also host members from throughout the Metroplex as our meeting is also an Interbranch meeting. The speaker will be Chasity Crawley, one of our newest NETC members, who is the recipient of an AAUW Career Development Grant.

Northeast Tarrant County Branch

<http://netarrant-tx.aauw.net/>

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please submit all newsletter input to kathleen_ballard@yahoo.com by the 23rd of each month.		1 Cultural Group Reservation deadline for Great Scott Winery 5:30 p.m.	2 Cultural Group Dallas Arboretum Spring Blooms	3 Cultural Group Great Scott Winery 5:30 p.m.	4
5	6	7 KEYS Committee Host Barbara Brasco	8	9 Daytime Bridge - will not be meeting. Branch Meeting Mission Central 6:30 p.m.	10	11 Cultural Group 11:55 a.m. RAVE La Traviata
12 Daylight Saving Time	13	14	15	16 Lit Group 7 p.m. Host Polly Post	17 ST. PATRICK'S DAY	18
19	20 Cultural Group Behind the book with Lisa See NRH Library - Noon SPRING BEGINS	21	22	23 Evening Bridge 7 p.m. Host TBA 	24	25 Cultural Group 11:55 a.m. RAVE Idomeneo
26	27	28	29	30	31	

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	It's not so much how busy you are but why you are busy. The bee is praised. The mosquito is swatted. ~Mary Flannery O'Connor						1
2	3	4 AAUW Texas Legislative Day Austin, Texas	5	6 Daytime Bridge 1 p.m. Host TBA	7	8 Branch Meeting & Interbranch Meeting 9:30 a.m.	
9 PALM SUNDAY	10 PASSOVER	11	12	13	14 GOOD FRIDAY	15	
16 EASTER	17	18	19	20 Lit Group 7 p.m. Host Carol Fisher/ Gloria Long	21	22	
23 	24	25	26	27 Evening Bridge 7 p.m. Host TBA	28	29	
30							

Advice from a HONEY BEE



Create a buzz
Sip life's sweet moments
Mind your own beeswax
Work together
Always find your way home
Stick close to your honey
Bee yourself!
~ Ilan Shamir

Our Mission

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



AAUW is the nation's leading voice promoting equity and education for women and girls. Since our founding in 1881, AAUW members have examined and taken positions on the fundamental issues of the day - educational, social, economic, and political.

AAUW Northeast Tarrant County Branch serves the suburban northeast area of Tarrant County, Texas.

AAUW Northeast Tarrant County Branch
<http://netarrant-tx.aauw.net/>

AAUW Texas <http://aauw-tx.aauw.net>

AAUW Interbranch <http://northtexas-ibc.aauw.net/>

AAUW Website <http://www.aauw.org/>

AAUW Blog <http://blog-aauw.org> is a lively place to read about and discuss issues of the day.

AAUW on Twitter Log on or sign up for a [Twitter](#) account and start following AAUW members from around the nation to hear the latest AAUW and public policy news.

AAUW on Facebook Join AAUW on [Facebook](#). "Like" the AAUW national page or Texas page!

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