

## Peaceful Branch Meeting Ahead!

Life can be stressful in these uncertain times. Evidence has shown that when we are experiencing stress the heart rate increases, blood vessels contract and breathing becomes rapid and shallow.

The combination of music and meditation benefits our physical, mental and emotional health. When we listen to slow, meditative music, breathing slows, heart rate and blood pressure decrease and we feel a sense of peace and calm. Combined with mindful meditation, this practice offers additional benefits of reducing anxiety and depression as well as improving sleep and coping with pain.

Meeting will be held at **First Presbyterian Church**, 24 North Hamilton St, Carlisle, PA at 7pm  
May 23<sup>rd</sup>

In this presentation, Bonnie will lead a mindful meditation practice using her harp so we can experience, first hand, the power of Healing Harp Meditation.

Bonnie Berk, RN, MS, CCM is a Board-Certified Holistic Registered Nurse and Certified Clinical Musician.



Bonnie graduated from the Albert Einstein Medical Center School of Nursing and received a Bachelor of Science degree in health education from Temple University. She earned a Master of Science degree in Health Sciences from the California College for Health Sciences. Bonnie learned how to play the harp and took the Clinical Musician Certification Program through Harps for Healing.

Bonnie developed the pre and postnatal Motherwell health and fitness program and she wrote the book Motherwell Maternity Fitness Plan as well as produced videos and CDs. Bonnie is a certified yoga and meditation teacher who has taught at the YMCA, YWCA, Dickinson College and other facilities. She has worked for Hospice of Central Pennsylvania as a Therapeutic Harpist for patients and their families. She has a passion for sharing the healing power of music and is currently offering Harp Meditation sessions to individuals and groups.

*Rita Schlansky*

**Please remember to bring donations for the YWCA Pad Pantry to our May Branch Meeting at First Presbyterian Church!**



## AAUW Carlisle Scholarship Banquet – a Beautiful Celebration

On a beautiful spring day, more than 45 members and guests came together in Carlisle at the Second Presbyterian Church to meet, learn, and celebrate the accomplishments of our 2023 Scholarship recipients. We heard from Lily Bistline of Loyola University in Maryland, Samantha Martin of Gettysburg College (2nd time winner) and Lauren Stroup of Wilson College. Claire Stoner of Duquesne (3rd time winner) participated in Zoom. The \$2000 award will allow these students to continue to pursue and excel in their respective fields of study.



April 25 was a beautiful and perfect day to offer a tribute to the life of our friend, Barbara “Linkey” Green for her various involvement with the branch and her beloved Scholarship Committee.

A huge thank you goes out to Becky Morgenthal as AAUW Funds Chair for coordinating contributions and to our committee members for their time and diligence in application and interview process. Thank you, Missy Breckenridge, Gail D’Urso, Carolyn Freberg, Rose Smith, Cindy Sutton and

Marybeth Ulrich! Check the website soon for photos and more details about the recipients.

**Lillian Wong**  
**Scholarship Chair**



## From the President

May is our last month of the full array of our various Branch activities - and it's a busy one! Be sure to check out the handy "Calendar of Events" and note all of the upcoming dates for our activities.

Two important AAUW PA events to take note of are the Annual Meeting on May 9th from 7 - 8 pm on Zoom (email [aauwpainfo@gmail.com](mailto:aauwpainfo@gmail.com) if you have not received your Zoom invitation to register for this meeting), and the Summer Retreat on July 29th at Gettysburg College – Register [here](#). You will not want to miss the Summer Retreat as our own Public Policy Committee will be featured workshop presenters - and State Gateway to Equity Award winners! Just click on the links to register and I'll see you there!

I also hope to see you at our Second Annual Yard Sale - donating, volunteering or buying! We had great success last year and, with your help, we can do it again this year. Please read the detailed article about acceptable donations and our need for volunteers to help set-up, price, sell and clean-up. Let AAUW Carlisle be the happy recipient of your spring cleaning discards!

This is also the season for membership renewals, so be sure to keep an eye out for an email from AAUW for a link to renew online. Please see Membership Vice President Virginia Mauk's article for more details about the renewal process. If you have already renewed your membership online, good for you! If not, please do so today - State dues go up for all renewals completed after June 1st!

Finally, please plan to come to our last Branch Meeting for the programming year on May 23rd - not only for the interesting program that our Program Co-VPs have planned, but to cheer on your fellow Branch members who will be the recipients of our 2023 member awards. For more information about the awardees, please see the article about member awards in this newsletter.

*Kathleen Gorak  
President*

Click [here](#) to read the CASD School Board Candidate Positions – We asked and they answered!

**Don't miss this!**

## Branch Yard Sale

Another year, another yard sale! Clean out and box up your unwanted stuff and donate it to our Second Annual Yard Sale! All proceeds from this sale will go into our 100th Anniversary Fund to cover our expenses for the celebratory events planned for 2024. The sale will be held in conjunction with the widely attended Chapel Hill Neighborhood Yard Sale on **Saturday, May 27th**. Once again, Carole DeWall has graciously offered her prime real estate garage and driveway at 330 Acre Dr., Carlisle and is sharing her expertise to make this a very successful fundraiser.

The DeWall's garage will be ready to receive your donations Wednesday, May 24th and Thursday the 25th between the hours of 9 am and 8 pm. Additionally, we need folding tables - these should be dropped off on Wednesday the 24th - the earlier, the better.

Donations should be ready to sell - clean, polished, unbroken and in workable condition as yard sale helpers will not have time to attend to such needs. Please do not pre-price your donations. While all donations will be priced to sell, we will

want to set up an internally consistent scale of pricing. Unsold items may be picked up by donors at the end of the sale at 3 pm on Saturday, otherwise all unsold items will be boxed up and taken to other local organizations accepting donations.

Anyone interested in helping with this fundraiser or any questions, please contact Kathleen Gorak by phone or text 717-386-7466 or email kg1562@gmail.com AS SOON AS POSSIBLE. We especially need people to sell on Friday morning, May 26th from 7 am to noon, and Saturday, May 27th from 6:30 am till 3pm.

Thank you, in advance, for your anticipated generosity!

Here are some suggestions for good items **TO DONATE:**

- |                     |                     |                       |
|---------------------|---------------------|-----------------------|
| BASKETS             | GARDEN STUFF        | PLANTS/SEEDLINGS      |
| BICYCLES            | HOLIDAY DECORATIONS | PLANT POTS            |
| BOOKS               | JEWELRY             | PURSES                |
| CHILDREN’S CLOTHING | KITCHENWARE         | PUZZLES               |
| CRAFTING MATERIALS  | LAMPS               | SMALL APPLIANCES THAT |
| DECORATIVE OBJECTS  | MIRRORS             | WORK                  |
| DVDS                | OFFICE ACCESSORIES  | SPORTS EQUIPMENT      |
| FABRICS/YARN        | PET CARRIERS        | SMALL PIECES OF       |
| GAMES               | PICTURE FRAMES      | FURNITURE             |

Here are the items that we kindly request that you NOT DONATE:

- |                |                 |                       |
|----------------|-----------------|-----------------------|
| ADULT CLOTHING | HATS            | TEXTBOOKS             |
| CARSEATS       | MAGAZINES       | UPHOLSTERED FURNITURE |
| ELECTRONICS    | SHOES           |                       |
| ENCYCLOPEDIAS  | STUFFED ANIMALS |                       |

**Kathleen Gorak**  
**President**

## Member Awards

As we wind down our programming year, it is always a special delight to end on the high note of celebrating the extraordinary contributions of time, energy and initiative of some of our members. I hope you will be able to join us at our May 23rd Branch Meeting at First Presbyterian Church on the Square in Carlisle to celebrate these wonderful women:

Outstanding Woman - Nancy Sigrist. This award honors a member who exemplifies the ideals of AAUW, shows commitment to the community, and is an inspiration and role model for Branch members.

Nancy took the laboring oar on the writing of the White Paper following the Beyond Suffrage program. She put in endless hours researching, writing and editing the document and demonstrated the greatest patience with the other writers. She also demonstrated her writing and interpersonal skills in her role as one of the newsletter coordinators. She is kind and compassionate when people bump up against a deadline. Nancy never draws attention to herself, but is quietly supportive of many activities of the Branch, especially in the area of Public Policy such as the recent “Civics 911” series and DEIB. Her writing and editing skills, her warm and compassionate personality and her thoughtful, deliberate approach to solving problems exemplify the ideals of AAUW. She is a role model of calm and commitment not only to AAUW but to Kiwanis and Newcomers Club, to name but two.



Member Awards cont.

Members Making a Difference - *Carole DeWall* and *Virginia Mauk*. This award honors Branch members for outstanding service during the past year.

Carole threw herself into the preparations, execution and, finally, the clean-up of our first ever Annual Branch Yard Sale. She tirelessly cleaned, organized, priced, and set-up donations. She masterfully sold the unsellable, and creatively found eco-friendly ways to dispose of all leftover items. She braved pouring rain and endured punishing sun all in the service of caring for our yard sale merchandise. She was endlessly cheerful, resourceful and displayed bottomless resources of energy in support of this major fundraising event. And after all was said and done, she then invited us to come back to her house to do it all again this year!



Virginia accepted a second term as Membership Vice President - one of the most labor intensive Branch jobs - despite the fact that she would be doing this two-person job without a partner. Virginia led the effort to complete membership renewals before National, State, and printer deadlines, maintaining our high rate of renewals. She planned and creatively coordinated a beautiful August Social and Silent Auction, along with the Fundraising Committee. She initiated the on-line membership data base so that members can update their own contact information during her term as Membership Co-VP. Each month, she prepares name tags for guests and maintains monthly meeting attendance records. She writes welcome notes to new members, Membership Reports for the Board, and frequent newsletter articles. Virginia really is making a difference!

Named Gift Honorees - Members are recognized for their service to the Branch through leadership, commitment or innovative support by a \$500 Branch donation to AAUW Funds in their name.

*Mary Berwick* for her unwavering commitment and dedication to the Branch as demonstrated by her willingness to take on the Secretary position after a vacancy occurred. She researched Robert's Rules of Order to assist the Branch President in making board meetings more productive, and corrected the taking of minutes from being a narrative of meeting discussions to a concise and accurate record of decisions made by the Board. She also serves on the DEIB Committee.



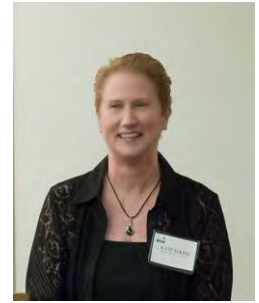
*Linda Brunski* for her innovative support to the Branch through her mastery of the new AAUW Hub website at the end of her term last year as she was rolling off the Board, and for continuing this work even after her term expired until we had most all of our members registered in the new system.

*Gail D'Urso* for co-chairing and organizing programs, leading Trailblazers, being on the 100th Anniversary and Scholarship Committees, organizing and completing the Beyond Suffrage quilt project, and supporting AAUW initiatives.



**Member Awards cont.**

*Kate Elkins* for maintaining our Facebook page with interesting posts of community events and special programs offered by our partner organizations. She coordinated the writing, publication, presentation at the PA State Capitol, and distribution of the Beyond Suffrage White Paper, a major piece of professional research and writing. And for serving on the 100th Anniversary and DEIB Committees, and for her continued work with Public Policy including the recent “Civics 911” series.



*Cherry France* for keeping our Branch financially steady, despite institutional software that is not at all user friendly! Her clear and concise Finance Reports keep the Board and membership up to date. Cherry was one of three members who researched, wrote, presented, and distributed the Beyond Suffrage White Paper, recognized by AAUW PA and AAUW National for its importance to ongoing conversations about equity in our State and across the nation. Cherry is also a vital members of the Public Policy Committee and presenter at the “Civics 911” series.

*Stacey Gatch* for continuing as a gracious co-editor of our excellent monthly newsletter. This important Branch communication tool keeps members informed of activities and provides information to potential members through links on our website. Is your article going to miss a deadline? No worries, Stacey will work with you to make sure your news is included. And for her constant work and individual sacrifice maintaining the AAUW website. We may not see Stacey at Branch meetings but without Stacey’s behind the scenes work on the website, members and potential members would not be able to keep up with all of our Branch activities!



*Linkey Green* (posthumously) for her service to the Branch as Past President.

*Janet Kascur* for seeing problems through and reaching out to resources to make our events happen, and for being a great saleswoman at our Yard Sale last year. She also co-chaired and organized programs, most notably the catering of the 2022 Scholarship Banquet, which was a monumental task.



*Loretta Maddox* for faithfully copying and mailing newsletters, registration forms, and other communications to members who do not use email. In this way, Loretta ensures that none of our members will be left in the dark about AAUW Carlisle Branch activities and news. Loretta’s commitment to including these members is an important service to our Branch and one that she has quietly done for years.

*Member Awards cont.*

*Molly Shane* for continuing to keep our Branch financially stable, despite institutional software that presents ongoing challenges. She makes it easy for the Board and members to keep our bills paid and move forward as a solvent local AAUW branch. Along with Cherry France, Molly provides information about best practices for investments and fundraising for our Branch.

To all of our 2023 awardees - *Brava!!*

***Kathleen Gorak***  
***President***

## Membership Renewal – The First Step in Advocating for Women

AAUW is all about advocacy for women, and your first step in promoting women's issues is MEMBERSHIP! Your membership renewal not only supports women and girls across the Nation, the State and in Carlisle, it supports YOU! Renewal emails were sent to all members at the end of April from AAUW National with a link to help you. Follow the link, log on to your account using your email and password. If you forgot your password, no worries, just reset and then complete.

The cost of AAUW Membership for FY24 is \$102. This includes National dues of \$72, PA dues of \$10, and Carlisle dues of \$20. Note that PA dues will increase to \$12 on June 1 so renew now and save \$2. Online renewal allows you to select both PA and Carlisle memberships. Be sure to click through all the links to renew all memberships!

The Carlisle branch offers you advocacy opportunities by connecting you with local and state elected officials about issues that impact women and girls. It also connects you with forward thinking women through educational presentations, breakfast and dinner outings, book club, and other social activities. We make the most of your \$8.50 cents a month!

AAUW National will send another reminder in June but no need to wait until then. Early renewal makes the transition easier on the new board and membership chairs! Please feel free to email or call me if you have any questions or difficulty renewing. [virginia.mauk@gmail.com](mailto:virginia.mauk@gmail.com) 240.338.2862

***Virginia Mauk***  
***Membership Chair***

AAUW Carlisle and Harrisburg members stopped to have their photo taken with Miss Emelyn Trine, past AAUW Carlisle member and newsletter editor, at The Amelia Givins Library fundraiser event, "Holly Heroines, A Theatrical Pageant." Miss Trine was one of the featured "heroines" and Pat Boyer's teacher.



## Calendar of Events

Please look over our April calendar of events to be sure you mark your calendars and complete any RSVP or sign-up that may be needed. Use the “Link to Article” section to easily find event details.

### AAUW Events

Date	Time	Event	Registration links	Link to Article
May 1	7:00 pm	Book Group	RSVP <a href="#">here</a>	<a href="#">Page 10</a>
May 3	8:00 am	Hillwood Estates & Museum Bus Trip		
May 9	7:00 pm	AAUW PA Annual Meeting		<a href="#">Page 3</a>
May 20	9:00 am	Breakfast Club at Sunrise Cafe	RSVP <a href="#">here</a>	<a href="#">Page 10</a>
May 20		Newsletter Submission Deadline	Submit to <a href="mailto:ncsigrist@gmail.com">ncsigrist@gmail.com</a> and <a href="mailto:staceygatch@yahoo.com">staceygatch@yahoo.com</a>	
May 23	7:00 pm	Branch Meeting – First Presbyterian Church		<a href="#">Page 1</a>
May 24	6:00 pm	Dine Out at Chen’s	RSVP <a href="#">here</a>	<a href="#">Page 10</a>
May 24-25	9:00 am – 8:00 pm	Drop off for the Yard Sale		<a href="#">Page 3</a>
May 27		Branch Yard Sale	Volunteer <a href="#">here</a>	<a href="#">Page 3</a>
July 28/29		AAUW PA Summer Retreat		<a href="#">Page 9</a>

WATCH for EMAILS from [auwcarlisleinfo@gmail.com](mailto:auwcarlisleinfo@gmail.com) for updates on ALL events

Past President Linkey Green’s funeral service will be held on Friday, May 26th at 11 am at St. John’s Episcopal Church on the Square in Carlisle.



## What's Up in Pennsylvania? News from AAUW Pennsylvania

It always feels weird that the AAUW program year is winding to a close during the second quarter of the calendar year when Spring is everywhere.

All efforts are toward a successful Summer Retreat. Make sure you attend to support the success of our public policy efforts. Members involved in the planning and execution of The Beyond Suffrage and Civics 9-1-1 are presenting their amazing work in a workshop at the AAUW Pennsylvania Summer Retreat.



### REGISTRATION and DETAILS

<https://aauw-pa.aauw.net/>

**FRIDAY JULY 28 & SATURDAY JULY 29**

Gettysburg College Campus

LODGING: Wyndham Hotel, 95 Presidential Circle, Gettysburg

*Ann Pehle*

### Public Policy Committee

Marybeth Ulrich, Chair

## Civics 9-1-1 Series Recognized!

Your Public Policy Committee has knocked it out of the park again. When State President, Cindy Hall, heard about our series she emailed us, "This is very impressive! Huge congratulations to everyone! What a success!" As a result, our efforts will be featured in the *Keystoner* this month and we have been invited to give a presentation on Civics 9-1-1 at the Summer Retreat, in addition to our already scheduled Beyond Suffrage presentation!

We hope to see many of you at the retreat to cheer us on! For any of you who missed the civics series, all three sessions were recorded and can be viewed at the YouTube link below. Many thanks to Kathy Gates and her husband Jim for the tech assist.

[https://www.youtube.com/playlist?list=PL3zM4WwlmSH4uoy92Kad\\_y6Ey6jPhdDo1](https://www.youtube.com/playlist?list=PL3zM4WwlmSH4uoy92Kad_y6Ey6jPhdDo1)

**COMMUNITY ACTIVITIES**  
**Cindy Sutton, Community Activities Chair**

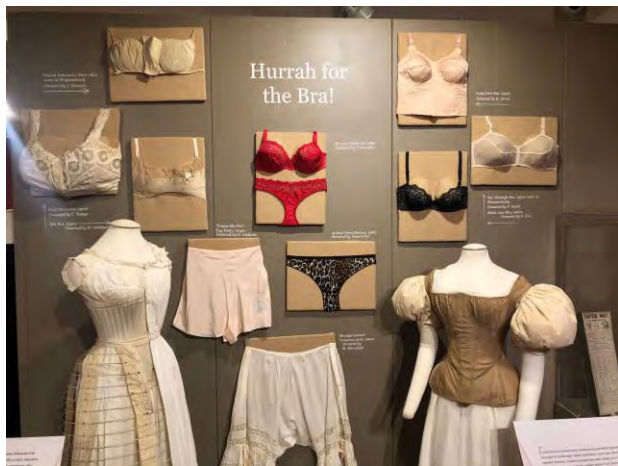
**What is hidden underneath it all?**



***Fashion Archives and Museum of Shippensburg University  
(Re)Shaping the Body - Exhibit***

Several AAUW members visited the Fashion Archives and Museum at Shippensburg University and explored many body-modifying articles invented to answer the eternal question: “How can I make myself more attractive?”

***Cindy Sutton  
Community Activities Chair***



**INTEREST GROUP ACTIVITIES**  
**Wendy Armour Dickinson, Interest Group Chair**

**Upcoming Interest Group Schedule**

**Breakfast Club:** Saturday, May 20, 2023 at 9:00 am at Sunrise Café, 231 North Hanover Street, Carlisle. RSVP to Wendy Armour Dickinson 717-514-3322 or warmourdickinson@hotmail.com.

**Book Group:** Monday, May 1, 2023 at 7:00 pm. Hosted by Wendy Armour Dickinson. The book is **The Magnificent Lives of Marjorie Post**.

**Dine Out:** Wednesday, May 24, 2023 at 6:00 pm at Chen’s, 310 North Hanover Street, Carlisle. RSVP to Wendy Armour Dickinson 717-514-3322 or warmourdickinson@hotmail.com.

***Wendy Armour Dickinson  
Interest Group Chair***

**AAUW Carlisle  
2022-2023 Board Members**

**Elected Officers**

**President** – Kathleen Gorak

**Vice President** – Mary Brunski

**Membership VPs** – Virginia Mauk, Co-VP open

**Program VPs** – Janet Kacsur, Gail D’Urso

**Finance Officers** – Cherry France, Molly Shane

**Secretary** – Mary Berwick

**Appointed Committee Chairs**

**AAUW Funds** – Becky Morgenthal

**Communications** – Pat Markowski

**Community Activities** – Cindy Sutton

**Interest Groups** – Wendy Armour Dickinson

**Public Policy** – Marybeth Ulrich

**Scholarship** – Lillian Wong

**STEM** – Barb Attivo, Lillian Wong

**Appointed Off Board Committee Chairs**

**College Liaison** – Elizabeth White-Hurst

**Diversity, Equity, Inclusion & Belonging** – Beth McKinley

**Historian** – Kathleen Brennan

**Appointed Ad Hoc Committee Chairs**

**100<sup>th</sup> Anniversary** – Jean Foschi, Jeanna Som

**Appointed Coordinators**

**Newsletter Editors** – Nancy Sigrist, Stacey Gatch

**Social Media** – Kate Elkins

**Trailblazers** – Gail D’Urso, Barb Attivo

**Webmaster** – Stacey Gatch

**Yearbook** – Mary Brunski

**Zoommaster** – Stacey Gatch

**Branching Out** is published August to June by the AAUW Carlisle (PA) Branch.

Branch website is: <http://carlisle-pa.aauw.net/>

Like us on Facebook: @AAUWCarlisle

The Board welcomes questions:

[aauwcarlisleinfo@gmail.com](mailto:aauwcarlisleinfo@gmail.com)

## Get Active

### Committees seeking members

**Fundraising**

Contact Becky Morgenthal ([bhmorgenthal@gmail.com](mailto:bhmorgenthal@gmail.com)) to learn more.

**Membership**

Contact Virginia Mauk ([virginia.mauk@gmail.com](mailto:virginia.mauk@gmail.com)) for more information and to discuss your interest.

**Programs**

Contact Janet Kacsur ([jkacsur@hotmail.com](mailto:jkacsur@hotmail.com)) or Gail D’Urso ([gailcdurso@gmail.com](mailto:gailcdurso@gmail.com)).

**Public Policy**

Contact Marybeth Ulrich or [ulrichm@pa.net](mailto:ulrichm@pa.net)

**Not receiving branch information?  
Make sure emails from  
[aauwcarlisleinfo@gmail.com](mailto:aauwcarlisleinfo@gmail.com)  
aren’t going into your junk or spam folder.**



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