



AAUW Somerset Hills- MARCH NEWS

DATE	TIME	ACTIVITY	CONTACT/HOST
		MARCH 2025 🍀	
3/3	6:00 PM	Evening Book Group <u>The Girls of Atomic City-</u> <u>The Untold Story of the Women</u> <u>Who Helped Win World War II</u> By Denise Kiernan	Pat Emanuele
3/11	5:45 PM	🇺🇸 <i>Soaring Women in the Military</i> Speaker: Virginia Hartmann	Long Hill Township Library
3/17 🍀	9:00 AM	Morning Book Group ZOOM <u>The Book of Everlasting Things</u> By Aanchal Malotra	Jackie D'Allessio Zoom link https://us02web.zoom.us/j/81003976170?pwd=a0V5emZQZkVRTXRiWkpETStaY1Urdz09
		APRIL 2025 🌂	
4/1	6:00 PM	Evening Book Group <u>The Art Thief</u> Michael Finkel Panera Basking Ridge	Pat Emanuele
4/8	5:45	<i>Don't Read That</i> Speaker: Elissa Malespina	☀️ SNACKS NEEDED! See below!!!
4/20	9:00 AM	Morning Book Group ZOOM <u>The Wharton Plot</u> By Mariah Fredricks	Jackie D'Allessio Zoom link https://us02web.zoom.us/j/81003976170?pwd=a0V5emZQZkVRTXRiWkpETStaY1Urdz09

☀️ **Volunteers needed to bring snacks for our APRIL meeting!!!** Please reach out to Jean Aurnhammer (908-227-3861- jaa39@aol.com) if you can help by bringing an item.

🚗 **Carpool coordination:** Sharon Hayden (sharon.hayden323@gmail.com). (908-229-6915) If you need a ride, or can provide a ride!

☀️🌸 **MEMBER ENGAGEMENT & SOCIAL COMMITTEE** - Please notify the committee if you know of a member whose life circumstances are such that they could use a little SUNSHINE. The committee will extend a supportive connection on behalf of the Branch! Please contact Jean Aurnhammer (908-227-3861) jaa39@aol.com or Lee Delitzscher (908-647-4497) ladybearlee@aol.com



BUYING BOOKS as gifts or for yourself?

At this time of year we are all looking forward to seeing what's available at the Book Sale. If you want to be sure of getting just the specific title or topic you have in mind, search on the **ThriftBooks.com** website. This company continues to be a valuable partner helping us to reap the benefit of books donated for our annual sale and not sold immediately. They can be a great source for YOUR book purchases!

AAUW BOOK GROUPS: Please contact Jackie D'Allessio (3rd Monday - mornings) or Pat Emanuele (1st Monday - evenings), the coordinators, to be put on the list to receive information for whichever Book Group meetings best fit your schedule and your interest in titles. **For a full list of dates and titles, go to our website:** <https://somersethills-nj.aauw.net/> Look under "Interests."



10 ways to create good luck in your life:



- 1) **Stop worry in its tracks.** Studies have shown that 90% of the things we worry about don't happen and the other 10% we have no control over. Focus on the positive and stop worrying about things you can't control.
- 2) **Carpe diem – seize the day.** Face your biggest challenges head on. Don't let self doubt, fear, self-pity, anxiety, depression or anything else stop you! Win the day today!
- 3) **Find your purpose.** Everyone has gifts and talents. Find yours and share it with others. It could be as simple as making someone smile.
- 4) **Use power postures/ body language.** Two minutes of [power posture](#) will reduce cortisol levels (hormone that reduces stress) and increase testosterone (hormone that increases self-esteem, confidence, health, bone density).
- 5) **Connect with friends and family.** Spend time and engage with your loved ones. Take your kids or grandkids to the park. Ask them to exercise with you.
- 6) **Surround yourself with good people.** Have the right people on your team: family, friends, doctors, therapists, trainers, etc. Find the most positive people you know and hang out with them often. Connect with those who make you smile daily!
- 7) **Add music to your life.** Music makes you smile and improves your rhythm, coordination, and quality of movement. Do a little dancing and tap your feet.
- 8) **Stimulate your brain.** If you are a Parkinson's patient, make sure to take your medicine regularly. Read a good book or do a puzzle. Find ways to challenge yourself mentally.
- 9) **Exercise daily!** It doesn't matter what kind of exercise it is as long as it makes you feel alive. If you don't enjoy it, you will not keep it up.
- 10) **Have hope, faith, and love in your life.** And live "lucky" every day!

☹️ **We have some sad news to share.** Former Somerset Hills branch member, Joanne L. Howell, 95, of Basking Ridge, N.J., passed away peacefully on December 20, 2024, in Stanwood, Washington. Predeceased by her husband Joe, she is survived by three children, a brother, four grandchildren, and five great-grandchildren.

A graduate of Morristown High School and the University of Maryland, Joanne was a dedicated community leader, serving as the first female mayor of Bernards Township, where she introduced its first recycling program. She was also active in various organizations, including the American Cancer Society and the Junior League.

She served as AAUW Somerset Hills branch president from 1968 - 1970.

Beyond politics, she founded "Rising to the Occasion," a catering business, and was a devoted member of the Basking Ridge Presbyterian Church, where she baked communion bread for decades. Known for her warmth, love of baking, and passion for dogs, Joanne left a lasting impact on those around her.

Joanne made a profound impact on everyone she met with her kindness and huge smile at all times. Her light and love will be so missed.

A celebration of her life will be held on Saturday, March 22 at 11 am at the Basking Ridge Presbyterian Church, followed by a reception. Attendees are encouraged to wear bright colors, especially red or Princeton orange, in her honor.

[AAUW National and AAUW New Jersey](#)

A dark blue rectangular graphic with a subtle geometric pattern. At the top left, the text "TAKE ACTION" is written in white. Below it, the title "Two-Minute Activist" is displayed in large, bold, white font. Underneath the title, a paragraph of white text describes the program: "Join AAUW advocates in the fight for equal pay, equity in education, paid leave, protections against sexual harassment and more. Sign up to get regular alerts on when and how to engage, including sending letters to your legislators, writing letters to the editor and other timely calls to action." At the bottom left, there is a bright orange rectangular button with the white text "SIGN UP".

TAKE ACTION

Two-Minute Activist

Join AAUW advocates in the fight for equal pay, equity in education, paid leave, protections against sexual harassment and more. Sign up to get regular alerts on when and how to engage, including sending letters to your legislators, writing letters to the editor and other timely calls to action.

SIGN UP

<https://www.aauw.org/act/two-minute-activist/>

AAUW National offers FREE Webinars!! Visit this site to see what is upcoming, and to view recordings of previous **WEBINARS!!**

<https://www.aauw.org/resources/programs/webinars/>

TAX Implications of our AAUW Dues and Donations:

Please note that 2024 tax preparations are underway for most of us. It's worth covering an update about the tax implications of contributing to AAUW.

Generally, AAUW dues are tax deductible as 501(c)(3) charitable contributions, except for \$3 of National dues and \$10 State dues which support 501(c)(4) non-partisan lobbying efforts. This means that \$102 of the \$115 membership dues we paid for the 2023-2024 membership year and all dues paid by our Friends of the Branch are tax deductible. While the NJ State portion of our membership dues are not tax deductible, contributions to the AAUW-NJ Charitable Trust, including those in support of Tech Trek, are.

Log onto National's aauw.org site, click on the "Orders and Donations" button in your "Personal Snapshot" screen. Charity donations made to the AAUW National funds will come up and can be printed as backup for your tax records.

Our AAUW Somerset Hills Branch is a separate fully recognized 501(c)(3) with NJ Exempt Organization ID 237-005-372/000. Donations to our Branch and our annual Branch Book Sale are tax deductible. Individual donations have been acknowledged and receipts have been issued. Call me (908-285-8385) or email (bonniegould@verizon.net), if you need more clarification or think I have missed acknowledging a donation.

Bonnie Gould, Branch Treasurer

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