

AAUW HILO BRANCH



Advancing equity for women & girls through advocacy, education, philanthropy & research.



NEWSLETTER

the prez says:

Looking back at our calendar I can see how busy we all have been...from our aloha lunch & pool party, to the performance of "Complicated Courtesies" at UH. We had a new member orientation, and a talk & get-together with the AAUW American fellow from UH Manoa.

Then there was wine tasting & wine talk, a bi branch heiau tour & lunch with Kona Branch, the Hawaii Island State High School Science Fair judging and awards. We have had a discussion of health care at

50+, and of course weekly lunch speakers at Bamboo Hale. Our field trip to public charter school Kua O Ka La in February was also so interesting!

There is more to come! We have tentatively scheduled a women's history event in

collaboration with UH Hilo Women's Studies Dept.

And don't forget our Garage Sale, the annual meeting & scholarship lunch, and lastly the state convention in Maui.

Wheww!!! And it's all been great. Did I forget to include our clubs? Read about them elsewhere in our newsletter. There is something for everyone.

Now, let's all concentrate our efforts on our Garage Sale coming up April 14.

Big Mahalos to all of you for all you do.

prez patsy



Program news & notes

Susan James gives us an update:

I want to thank everyone who has stepped up to offer programs so far this year.

Despite some gnarly weather we had a successful, fun and informative wine tasting party at Virginia Stein's on Nov. 8th. Randy Nunokawa from Grapes provided the wine and the "education" and we raised a glass to toast AAUW's 130th birthday.

On Dec. 7th we had a well attended & very enjoyable Holiday Party at Mary Connie Banser's beautiful new home catered by Ilana Moidel's Oasis Café. Hilo style Mediterranean food was an interesting change of pace.

On January 28th Kona Branch hosted us for the Bi-Branch Lunch. We began with an informative guided tour of Pu'ukohola Heiau Historic Site followed by lunch at the Waikoloa King's Grille and reports from Branch Presidents Patsy Egan & Jamie Pardau & Division President, Erica Johnson.

On Feb. 10th Nina Buchanan arranged a tour for us at Kua On Ka La Charter School. We learned a lot about the school and were served a delicious lunch prepared by the students. You would be amazed the many ways ulu (breadfruit) can be prepared! I urge anyone who is able, to attend the schools Ulu Festival on March 3rd.

On February 19th Sheryl Rawson hosted a program called "50 Plus – Live Better, Live Longer". Presenters were, Sheryl, Susan Hicks, Karen Leger & Margaret Elcock who talked about, safety, health, diabetes, family/friends & support resources. Sheryl also prepared an awesome lunch and desserts

were provided by some of the attendees.

Erica has done a great job coordinating our weekly lunches at Bamboo Hale. Look for her report on page 3.

Upcoming Programs for 2011 – 2012:

Saturday April 14 is our Garage Sale. This sale is our primary source of revenue for our scholarships --- its success is crucial. Patsy is asking everyone to help. Wednesday & Thursday, delivery of sale items and setup; Friday pricing; Saturday sale day and cleanup. Remind your friends and neighbors to save their sale items. We only sell items in good usable condition. No clothes either. Ruth Larkin will call you to schedule your times.

April 29th – Scholarship Lunch & Annual Meeting at Julie Goettsch's home. Come spend some quality time with other branch members & meet out latest scholarship recipients. I'll be sending evites. So mark your calendars.

Hilo Branch Holiday Party December 2011



Kua On Ka La Charter School Lunch

Lunch at the Bamboo Hale

A new program!

By Erica Johnson

A new program started this Spring is [Lunch at the Bamboo Hale](#)

Hawaii Community College 2nd year Culinary Arts students serve lunch through the 2nd Semester with an international flair. The students are learning to serve, cook and wait in a fine dining atmosphere cuisine from around the world. We get to help them learn – and in the meantime take advantage of arguably the best restaurant in Hilo! For a very reasonable cost... how can this get better?

Well, we have added speakers to some of the lunches. The school has agreed to let us stay in the Bamboo Hale space for our programs, so we have gone to their later seatings so as not to impact other diners.

In February we heard from our scholarship winner Allyson Martin about her experiences in South Africa in December. Donna Barr will talk about Advance Health Directives on Feb. 23rd.

March 9th we'll hear from Nina Buchanan about the current legislation proposed for Charter Schools.

Other programs haven't been set in stone, but if you have suggestions or want to do a presentation, let Erica Johnson (carrie1@hawaii.rr.com) know. Susan James sends out the information to our membership and you reply about attending to me. I make the reservation with the school.

We will go to Greece March 1, Mexico on March 9th, and China on March 16th. The students have Spring Break the following week.

We will aim for Japan on March 28 and Thailand on April 4th.

The week of April 8th is a Culinary Classic Food Show. The students will be preparing individual entries for judging. That week there is no sit down lunch, but there will be a buffet served and we can observe the presentations on April 13th. Since that is the date we are setting up for our Garage Sale, it won't be something we plan, but anyone is welcome to attend.

The last 2 weeks are India and Hawaii. I will be off-island, but others are welcome to take over my duties for those dates.

This has been a really fun way to talk more with each other, have a really good lunch, have some interesting speakers, and support our local students. I hope we do it again!

Next AAUW Bamboo Hale Lunch at HCC (Bldg. 382) is scheduled for Thursday March 9th at 12:15. Nina Buchanan is scheduled To speak about charter school legislation. The food is excellent & the company is superb! The country we'll be "visiting" is Greece. If you want to join us please notify Erica by Tuesday March 28th: carrie1@hawaii.rr.com or 965-0469.



Photos from
50+ live better
live longer program

Group News & Notes

Hiking Group

The AAUW Hiking Club welcomes new hikers ! One Saturday each month we hike to different locations. During the winter months we are over the Kona side, and this side in the summer.

Our next hike will be on Saturday March 17th , to the Historic Bond Estate in Kapa'au. We will be mostly in dryland forest, and along dry stream beds. Afterwards there is an opportunity to swim, at closeby Spencer Beach, if you wish.

Everyone is invited. We request a \$5 donation from non AAUW members, which goes to the Scholarship fund.

Contact Susan Hicks for more information .
butterflysh@hawaiiintel.net

Book Club

The book club will be having it's annual retreat March 30-April 1 this year and will be going to Kilauea Military Camp. So far about 10 people have signed up. We have a 7 bedroom cabin reserved and hope to hike, discuss People and Cultures of Hawaii, dine, possibly bowl, and have a great time.

For information about any of the book club activities contact Sheryl Rawson at 333-1852 or sherylhilo@yahoo.com

On Sunday, December 11, 2011 the AAUW Hilo Chapter book club held their annual combination book exchanges, holiday party and planning meeting for the next year. It was held at the home of Helen Hemmes. She made some

great entrees and food was brought by book club members as well. Here is a list of books selected for 2012:

Traveling with Pomegranites by Sue Monk Kidd & Ann Kidd Taylor; At Home by Bill Bryson; People and Cultures of Hawaii: The Evolution of Culture and Ethnicity by John G. McDermott and Naleen Naupaka Andrade; editors, What the Psychic Told the Pilgrim, by Jane Christmas; The Immortal Life of Henrietta Lacks by Rebecca Skloot; The Glass Castle by Jeanette Walls; Girls Like Us: Carole King, Joni Mitchell, Carly Simon--and the Journey of a Generation by Sheila Weller; Murder Spins a Tale: A Flock and Fiber Mystery by Veryl Ann Grace; Let the Great World Spin: A Novel by Colum McCann; Extremely Loud and Incredibly Close by Jonathan Safran Foer and Nothing with Strings: NPR's Beloved Holiday Stories by Bailey White.

Fun & Games!

Come join the Revival of AAUW's Fun and Games at Dinnie Kysar's home (963-5091) 2:00 p.m. to 4:30 or 5 p.m. Saturday, March 24 29-562 Chin Chuck Road, Hakalau. Directions from Hilo: Turn left after the 15-mile marker on Hwy. 19, just after the overpass. Follow Chin Chuck Road uphill for 2.1 miles. Look for house on the right with dark brown roof and wrap-around deck. The house number is on the newspaper box post. Park on the grass on left side of driveway.

The afternoon includes refreshments, along with Canasta, Bridge, Backgammon (bring your set), checkers, and any other games you would like to bring.

RSVP to Dinnie:

cldymoon@hawaiiintel.net

Great Discussions

Interested persons contact Helen Hemmes at 935-6214 or via e-mail at hemmesh@hawaiiintel.net.

Technology Group

Interested persons contact Nina Buchanan:
ninab@hawaii.edu



Book club holiday party



Branch Officers:

President:
Patsy Egan

Membership VP:
Judy Bevington

Program VP:
Susan James

Treasurer: Lucy Maloney

Secretary:
Roberta vanGoethem

AAUW Bi Branch lunch

AAUW HILO BRANCH March 8, 2012



50 plus! Live Longer Live Better

By Sheryl Rawson

February 19 sixteen AAUW members joined fellow members Karen Leger, Susan Hicks, Margaret Elcock and Sheryl Rawson for a program called FIFTY PLUS – LIVE BETTER, LIVE LONGER. Margaret gave an overview of caring for Diabetes and High Blood Pressure. Karen talked about nutrition, proper use of medications, emergency first aid and other topics related to staying healthy. Susan talked about avoiding falls and car safety. Sheryl talked about the mind and spirit including exercise, social activity, memory concerns, depression and meditation. A lovely luncheon was enjoyed and the program was at the home of Sheryl Rawson. See photos on page 3.

Science & Engineering Fair Hilo Branch presents awards

By Barbara Meguro

Forty-eight 6th, 7th and 8th grade girls of East Hawai'i submitted individual science projects for the Junior Division of the 2012 Hawai'i District Science and Engineering Fair. On February 11, 2012, at Imilo'a Center.

Two AAUW judges (Barbara Meguro and Kristen Troyer) examined a wide range of projects in Animal Sciences, Behavioral and Social Science, Chemistry, Earth & Planetary Science, Bioengineering, Energy, Environment, Medicine, Microbiology, Physics, and Plant Sciences. Ten winners were selected for meritorious projects involving some combination of originality, local interest, rigor, comprehensiveness and background research. The winners each received a certificate and \$10 cash, presented by AAUW President Patsy Egan and Eileen MacCalla.

Jaci Ebesugawa –

Phytoplankton Growth: Will Adding Potassium Nitrate Increase the Growth of Phytoplankton? (Waiakea Inter – Grade 7)

Sarah Emmons – BIOCHAR: Homemade vs. Store Bought (HPA – Grade 7)

Hilda Friday – How Pollution Affects Ocean Life (Hilo Inter – Grade 8)

Holly Kaapu – Ocean Thermal Electric Mania (HPA – Grade 8)

Olivia Murray – Effect of Reflector Mirror on Photovoltaic Panel (Waiakea Inter – Grade 8)

Anne Nakamoto – Grow with the Flow? Algae/Seaweed Growth and Freshwater Spring Flow: Is There a Relationship? (Waiakea Inter – Grade 6)

Kristen Nielsen – Crown of Thorns (HPA – Grade 8)

Amber Rogers – MICONIA: The Beastly Beauty (HPA – Grade 8)

Serena Usuda – Acid Rain (Waiakea Intermediate - Grade 7)

Amelia Warnock – The Phenolphthalein Presumptive Blood (Hilo Inter - Grade 8)

Congratulations to the AAUW winners and to all the young women and young men who are demonstrating their interest in science!

In total, there were 42 individual Senior Projects (Grades 9-12) and 76 individual Junior Projects (Grades 6-8) plus additional group projects and displays.

Kua o Ka La visit to a charter school (photo on page 2)

By Nina Buchanan

Members were greeted by Terry Reveire's third-fourth grade class who chanted for us according to their opening protocol designed to:

focus students' attention on the school

demonstrate respect for the land, school and teachers

prepare students to seriously engage in the work ahead

socially unify the students

create a mood that transports students from the mundane to a higher purpose

"expresses and confirms a living and vital Hawaiian culture, making each person a bit more appreciative of and more connected to these islands that we call home" (Ohukaniohia Gon III, 2009, n.p.)

This was a great introduction to Kua o Ka Lā, a start-up charter school of about 200 students located next to 'Ahalanui Hot Ponds. Susan Osborne, the Director, spent generously of her time to meet with us, describe the founding of the school, the struggles the school faces as state funding has decreased and requirements for accountability have increased, and her vision for the school as it continues to expand to meet community needs. The school now has K - 5th graders and 7th - 12th graders. Next year it will be K - 12th grade with most students attending on campus and others in the hybrid (online and face-to-face) program. The 11th and 12th graders will continue to participate in Kea'au Middle College High School where they earn college credit while still in high school. This means Kua students may be able to graduate from college a semester early, move on to graduate school or enter the workplace sooner than many of their age cohort from traditional high schools.

During their middle school years students have an integrated program of social studies and science through their participation in agriculture and culinary arts. The lucky members who visited Kua were able to experience the delights of a tasty lunch of 'ulu tamales topped with fresh salsa and served with a green salad with homemade dressing. (continued on page 6)

AAUW news, continued...

For desert, we had 'ulu pudding. All the ingredients were fresh (some grown by the students) and local!!! We all wanted the recipes which will be available at the 'Ulu Festival and from the school or its web site.

The Puna community is known for being a low SES area with the median family income of about half the state average and the number of families in poverty about twice the state average. There is a need for innovation to create jobs, food stability and sustainability. Kua o Ka Lā and its non-profit Ho'oulu Lahui work together to introduce innovation and support positive community development.

The next major community event, Puna 'Ulu Festival: Celebrating Breadfruit will be held Saturday, March 3rd from 9 am - 3 pm at the Kua o Ka Lā campus. There will be a cooking contest, cooking demonstrations, sessions on cultivation and care of 'ulu trees, sale of 'ulu trees grown by students, quilting, poi pounding, kapa making, keiki crafts and, of course, plenty of food and music all day long. This is a great opportunity to see culture in action and find out what you can do to help the school succeed.

AAUW State Wide

There will be 2 statewide newsletters coming out this Spring. The first will invite people to the Convention which will be held on Maui May 4, 5, and 6 at the Makena Beach and Golf Resort. The Maui branch is planning a great program. The second will have the agenda and other information about the Annual Meeting which will take place at the convention, including the changes to the Bylaws which will be voted on.

Lucy Maloney reminds us:

Don't forget to visit our website at www.aauwhilobranh.orgthe new name of the website is a lot easier to remember.

AAUW Website for Medical Equipment

Often , after an illness or surgery, we need medical equipment to make our lives easier and safer. Insurance does not always provide needed equipment.

Some of us have items stored away, which could be used by others for either a few days, or maybe weeks.

We now have a web page, created by Lucy Maloney, where you can list items you are willing to lend, or borrow them as needed.

1. Go to AAUW website.
2. Click on Medical Equipment lending page.
3. If you have items you are willing to lend, email Lucy Maloney, cyberlu@pobox.com listing equipment, e.g. walker, wheelchair, bedside commode, etc. Give your name, email address, and list of Equipment available to lend. Lucy will list the equipment on the Web page.
4. If you need to borrow Equipment, go to the web site, find the needed equipment, and contact the owner.
5. This is a person to person arrangement between two people. AAUW is not responsible or liable for any damages incurred during the Equipment loan. We hope this program will:

- increase awareness and understanding among women of the scope of long-term care,
- motivate women to assess their own and their family's long-term care needs options,
- empower women to take action and create a plan.

For those with internet access, a booklet, entitled Planning for Long-Term Care, prepared by AARP, can be downloaded at http://www.aauw.org/upload/ltc_resource_guide.pdf