

PRESIDENT'S MESSAGE



Welcome to fall in Western North Carolina. I hope you have the opportunity to observe the beauty of the season. You might be able to practice some of the centering techniques our October speaker shared with us at our last Zoom meeting.

With the advent of fall, we know that the holidays are soon upon us. As I think of Thanksgiving, I know there

will be changes to the way many of us will celebrate.

Although we may not be able to be with family and friends as we have been in the past, I'm sure we will spend time talking to them on the phone or Zoom, making favorite recipes for Thanksgiving dinner, looking at photographs of past celebrations or starting new traditions. Through it all, we will be thankful for the people and blessings in our lives.

(You knew a segue was coming.....)

As a Branch, we are facing the same prospects as we continue our AAUW year. For the immediate future we will continue meeting each month on Zoom. I am thankful that Cindi and Nancy have provided us with an interesting schedule of speakers for our general meetings.

I am thankful that Kathryn has taken responsibility for our webpage and will be happy to post photographs, newsletters and other information to keep us informed.

Liz, Vanessa and Harriet are next on my list. The newsletter is our lifeline for communication. They continue to make it interesting and attractive and welcome articles and photos.

Carol, Paula and the Book Club meet by Zoom each month. Thank you for keeping this activity available for all of our readers.

The Scholarship Committee and IWIL continue to keep our mission of education alive. Thank you, Jody, Paula and Alane.

Karla and Liz work diligently to keep us informed about current events and Public Policy. If you haven't already "liked" our Branch's Facebook page, please do so. You will find interesting information about remarkable women.

COMING EVENTS

Nov 4
2:00 p.m.

Book Group
Zoom

Nov 9
1:00 p.m.

Board Meeting
Zoom

Nov 10
7:00 p.m.

Branch Meeting
Zoom

Dec 7
2:00 p.m.

Book Group
Zoom

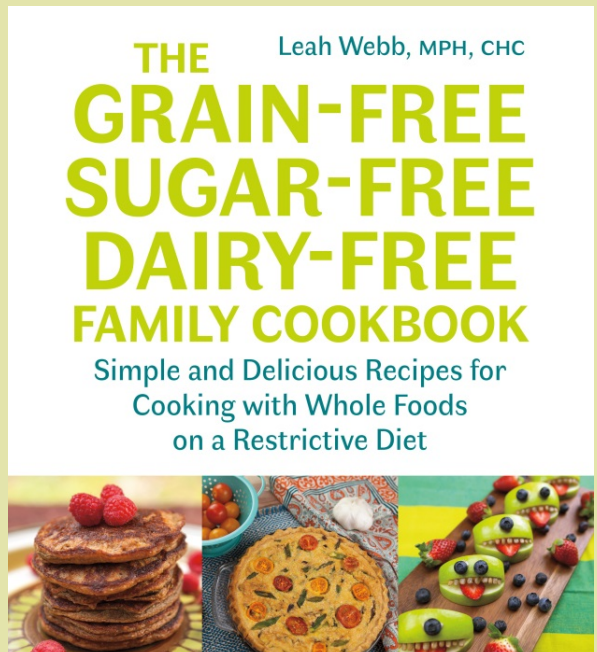
NOVEMBER PROGRAM

BRANCH MEETING
November 10, 7:00 P.M.
Via Zoom

Leah Webb Presents

**USING FERMENTED FOODS TO
BOOST OUR IMMUNE SYSTEMS**

Details on Page 3



President's message continued from page 1

I am thankful that Sue keeps in contact with members having life events. Please let her know if a member needs a pick me up or a congratulations correspondence.

Thank you to Fran and Mary for making new members feel welcomed. Yes, even in this difficult time, new members have joined our Branch.

What would we do without Laura's financial skills? We have a realistic budget and are informed of our financial status each month.

Susan's attention to detail provides the Board with minutes of each of our meetings and Linda's publicity skills are vital to keeping our image alive.

Carrie, Kristen and everyone working on the Book Sale Committee are responsible for giving us a funding stream to provide scholarships as we have done in the past. They welcome your participation as we continue to explore new ways to facilitate book sales.

I am thankful for the mentorship Roberta has provided to me and the leadership Rhae will provide to us in a hopefully less eventful year.

Finally, my thanks and gratitude to our membership. As you can see, we have hardworking individuals who work on behalf of many, but it is our collective commitment to bettering the lives of women and girls that is most powerful. I am thankful to be part of this vibrant, committed group in Brevard.

As you read the rest of this newsletter, you will read about ways to continue to interact with each other in order "To advance gender equality for women and girls through research, education and advocacy". Please look for ways to connect to keep our Branch strong. Happy Thanksgiving!

Cindy Donaldson, President

NOVEMBER PROGRAM

Our November 10th AAUW program will feature an interesting program on our relationship with food and how it does (and sometimes doesn't) support our health and immune system. Our speaker Leah Webb has a

Masters degree in Public Health (MPH) and developed her expertise in using food to address health issues through both her academic studies and by addressing immune-system health issues in her own family.



Leah shares that "...food is far more than just a conglomeration of calories and nutrients. Micronutrients, phytochemicals, and the presence of other food-derived constituents stimulate our immune response whether that be in a way that protects us from disease or one that equates to a faulty or overactive system. Every bite that passes through our lips and into the elegance of our digestive tract therefore presents an opportunity to nourish and support our bodies."

She states further that the gut has often been called a "second brain" because of its uncanny ability to interact with the rest of our body including our nervous system and immune system. Leah asserts "the foods we eat combine with microbial cells that reside in the gut. Our microbiome – primarily comprised of

bacteria and yeasts – has been subjected to mass extermination during the age of antibiotics, hand sanitizers, and anti-microbial soaps. Now we're realizing that our war against bacteria is a futile effort that has potential to cause more harm than good. This reminder comes at a time when we look to sanitizers to control a pandemic. Life-destroying chemicals have their place, but how we counterbalance those chemicals will be essential in promoting the long-term health of our species and our planet."

Her program will share both general information and specific ways that fermented foods work to build a strong immune system. Interest in fermentation, a traditional food preservation technique, has increased as we learn more about the complex ways in which microbes influence our health. Leah became particularly interested in this relationship about five years ago when her then two-week old daughter was diagnosed with cystic fibrosis. She was already managing severe food allergies and asthma in her son, but was suddenly propelled to fine-tune her family's diet as means to better support her children's health. When she uncovered that our gut initiates 75 – 85% of our immune response and that microbes are largely responsible for this effect, she was certain that diet (including her family's frequent consumption of fermented foods) would become an important piece of their integrative care.

Leah's career is now centered on teaching other families the practical food skills (primarily cooking and gardening) that can help support their health. As an internationally recognized public speaker, author, and educator, she is dedicated to using her family's story to inspire and encourage positive change in others. Her cookbook, ***The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook*** is available throughout Europe, Canada, Australia, and the U.S.

Her AAUW presentation promises to be an engaging one. Please plan to join us for this wonderful program. Due to the pandemic our November 10, 2020 meeting will be presented at 7:00 PM via Zoom. A Zoom link will be sent via email to all members a few days before the meeting. If you would like to invite a guest to join our meeting, you are encouraged to share the Zoom link with them. If you would like a Zoom tutorial, e-mail Cindi Spillman for an appointment or visit the resources section at www.zoom.us,

Please plan to join the Zoom meeting by 6:50/6:55 p.m. to ensure a timely start for the presentation. A short AAUW business meeting will follow this program.

Submitted by Linda Thompson, Publicity Chair

BOOK SALE UPDATE

The Nook is a hive of activity since we started accepting books again in September and the book bins fill quickly. Category chairs and workers should now be coming weekly, at a minimum, to price and pack books. Members are welcome to continue to donate books. Non-members may call or email Kristen Alpert to arrange a donation. Please remember that books should be clean and in “give to a good friend” condition. No periodicals, textbooks, manuals or out-of-date medical guides should be donated. Boxes should be closed but do not need to be sealed.

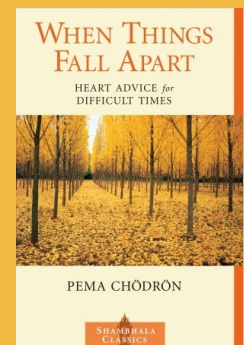
Due to the cancellation of the 2020 Book Sale, we find ourselves with an overabundance of books and no source of funds for the upcoming year. As a result, the Book Sale Committee is exploring alternative ways to sell some of our books, to clear space at the Nook and storage unit, and to generate some much-needed revenue. As you may know, we already sell some of our “Choice Books” on our eBay site “manybookslittletime,” and are looking at ways to expand our online sales, either through our own site and/or through a third-party company. We have identified one third-party vendor, “Thrift Books,” that would enable us to sell all, or part of our current inventory of books. The Book Sale handbook doesn’t cover a “Virtual Book Sale” option, so the “Thrift Books” option will require some of our members to join a committee to work out the details and logistics needed to manage approximately 600 boxes of books already packed and stored at the Nook and at the Pisgah Center storage unit. These boxes must be moved to a site where they can be placed on pallets and shrink-wrapped in preparation for shipping. Many members, spouses, family and friends have generously helped move books in the past. We hope you will be willing to help again. So, planners and heavy lifters are needed if we want to pursue the Thrift Books option. Please let Kristen Alpert or Cindy Donaldson know if you have questions and/or are interested in helping with the Thrift Books option.

We can also expand our sales through our eBay site if we have additional members who are willing to join the team that evaluates and lists books for the site. If you love old books, enjoy researching to learn about their history and value, this might be a good fit for you. Please contact Cindy Donaldson or Carrie Clary if you want to know more about our eBay site and how it works.

Kristen Alpert, Book Sale Chair

BOOK GROUP

On Wednesday, November 4 at 2 PM we will discuss ***When Things Fall Apart*** by Buddhist monk Pema Chodron. On Wednesday, December 2 at 2 PM we will discuss ***The Radium Girls*** (the dark story of America's shining women) by Kate Moore. Both sessions will meet on Zoom. Contact Carol Carrano for more information.



Welcome New Member!

Welcome to new member, Kathleen Cole! Kathleen moved to Brevard in 2019. She holds a Bachelor degree in Secondary Education from University of Maryland and a Masters in Communications from West Virginia University. With a career as an executive coach and leadership consultant, she also enjoys gardening, reading and travel. As a new AAUW member she is interested in participating in the Book Sale and Leadership Development. She would also enjoy being a part of the Book Group and Tripping Around.