

MANHATTAN BRANCH NEWSLETTER

FEBRUARY 2014 — Volume 94, Number 6

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

January Branch Program Highlights



Dr. Sonya Britt, Assistant Professor of Family Studies and Human Services and Director of Personal Financial Planning at K-State, gave an engaging presentation on *The Correlation with Money Arguments and Relationship Satisfaction* at the January 11 branch meeting held at the K-State Union.

Sonya holds a Master's degree in Marriage and Family Therapy and Doctorate in Personal Financial Planning with an emphasis in Financial Therapy. She teaches courses in the undergraduate and graduate Personal Financial Planning Programs, works with the university's Institute of Personal Financial Planning, and was the founding president of the Financial Therapy Association.

As a leader in financial therapy, Sonya is conducting groundbreaking research to help individuals, couples and families struggling with financial and emotional problems. Her presentation highlighted recent research findings on how people deal with money and its effects on relationships. Data show that money ranks third on the list of topics most frequently argued about in relationships. Arguing about money often relates to how people view money, e.g. spenders versus savers, lower household net worth, and if the wife makes more than the husband. Overall,

money arguments are usually more intense, harder to resolve, and are more frequent when couples are financially stressed or their household income is low. Couples that argue in the early years of marriage often have a lower marital satisfaction later, resulting in a greater risk of divorce.

So what can be done about reducing financial problems and arguments? She advised pre-marital financial counseling, setting spending limits, having monthly financial meetings, and lowering stress. Several suggestions were given on how to improve communications with one's partner on financial issues and individual strategies for reducing stress, such as yoga and breathing deeply, reducing caffeine, getting organized, and allowing time for pets and hobbies.

Sonya (sbritt@k-state.edu, 785-532-3541) also provided some resources for those seeking financial counseling, including Housing and Consumer Credit Counseling, Inc. (www.hcci-ks.org/) - Manhattan Director, Shania Dekat, 785-324-0217); a website for finding a Certified Financial Planner® (www.cfp.net/), and Credit Karma (www.creditkarma.com/) for tracking your credit score.

K-State students can take advantage of free, financial counseling services provided by Powercat Financial Counseling (PFC). Sonya is a faculty liaison to PFC, and the director, Jodi Kaus, will be presenting at the next branch meeting on February 10.

Inside this issue:

February Branch Meeting	2
Branch Program Ideas	2
Branch Exhibit at 2014 Community Fair	2
Interest Group Spotlight on <i>Book Talk</i>	3
Classic Woman Awards 2013	4
AAUW Membership	4
2014 Kansas AAUW Annual Meeting	5
Call for Nominations	5
AAUW Calendar	5

Special points of interest:

- **Volunteer to Serve:** The Branch needs your inspiration, experience, and skills! Several Executive Team positions are open this spring. Raise your hand to serve the Branch. You gain rewarding friendships while creating worthwhile opportunities for women and girls. See page 5 for more details.
- Grocery Coupons and Debit Cards can be purchased from Marilyn Bunyan (Dillon's) and Claudia Jones (Ray's Apple Market).

Branch Meeting — February 10, 2014

College Financial Planning: Tips on How to Stay on Track Financially



Speaker: **Jody Kaus, Program Director, Powercat Financial Counseling
Kansas State University**

Location: First Congregational Church, 700 Poyntz Avenue
Dinner - 6:00 p.m. Program - 6:45 p.m.

Cost for dinner: \$12. Make checks payable to AAUW.

Make reservations by email to manhattanksaauw@gmail.com (preferred) or call Connie Noble at (785) 539-5522.

Deadline for reservations is Tuesday, February 4th at noon.

If you need or can provide transportation, contact Dede Brokesh at (785) 410-4335.

Spied Any Good Program Ideas Lately?

We are asking for your input on Branch Program Ideas for 2014-2015.

Interesting and informative monthly programs are essential for life-long learning, expanding our understanding of current issues, engaging members and guests, and promoting the mission of AAUW.

Please send your suggestions for programs or holiday entertainment to



Tresa Landis (tilandis@cox.net, 785-532-3917), Nancy Bolsen (old@ksu.edu, 785-565-8720), or Barbara Gatewood (bgatewd@ksu.edu, 785-539-8804). A list of program topics will be circulated at the February 10 Branch meeting for your review.

Appreciation is extended to the Program Committee for the outstanding programs for 2013-2014, which are highlighted on our branch website at <http://manhattan-ks.aauw.net/upcoming-events/program-highlights/current/>.

Branch Exhibit at 2014 Community Fair: Volunteers Needed



The Manhattan branch will be exhibiting again this year at the **2014 Manhattan Town Center Community Fair** on Saturday, February 1st from 10:00 a.m. to 3:00 p.m. It is a wonderful opportunity to showcase AAUW, recruit new members, publicize our local scholarships, and “hang out” with fellow branch members.

The event is held each year to enable non-profit and educational organization to highlight volunteer and membership opportunities while generating awareness and interest. If you are able to work one of the two-hour shifts, please contact Nancy Bolsen (old@ksu.edu, 785-565-8720).



Interest Group Spotlight on *BOOK TALK*

The popularity of book clubs worldwide is attributed to the numerous benefits, and the enthusiasm demonstrated by the AAUW branch members and guests that attend Book Talk is no exception! It has the status of perhaps being the longest running interest group of the branch, possibly dating back to its foundation in 1921. It meets on the second Friday of each month at 10:00 a.m. at the Manhattan Public Library.

Mavis Fletcher, chair of Book Talk, coordinates the monthly meetings, but the format is rather flexible. “Members talk about whatever books they are reading, therefore there are no deadlines or pressure to get something read. No single book is read by all. The group is open to any topic, ranging from fiction to historical and political,” Mavis said. “Sometimes participants may not have read a book and attend to make themselves aware of what others are reading, or they come for the fun and friendship. We have lots of laughs . . . and it’s a good, happy group!”

A wide age-range of books are discussed in Book Talk. Connie Noble commented that “participants talk about books that you may not have otherwise read, providing valuable insight into other authors that are outside one’s list of favorites.” “*Harry Potter* books are intriguing,” Joan Strickler stated, and Connie added “Rowling’s books have ‘turned on’ many children and young people to reading.” Connie shared an inspiring, keepsake book of family photographs prepared using Snapfish, illustrating the possibilities today for home publishing.

The types of books discussed in Book Talk changes, depending on the participants’ interests. For example, Mavis favors political books, such as McCullough’s *Truman*. Joan

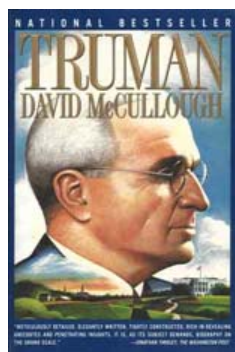
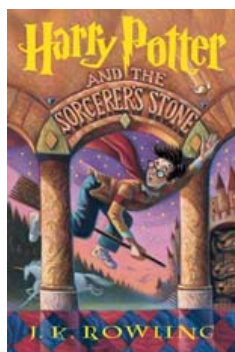


L to R: Mavis Fletcher, Connie Noble, and Joan Strickler. Members not present: Lena Ferguson, Pat Neirnberger, Mary Stamey, and Vadeline Strohm.

enjoys a wide range of books, such as *London: The Novel* by Rutherford, which focuses on the city’s pageantry spanning 2,000 years. Another benefit of the group is hearing good overviews of books to help you decide whether or not you want to read it.

“Curling up with a good book is a great way to escape from the cold winter months!” Connie exclaimed. Joan added “there is so much enjoyment in losing yourself in a good book and then sharing it with others. Reading each evening is often so much more rewarding than watching TV”, and she has made nightly reading a top priority.

Book Talk invites you to attend an upcoming monthly meeting and enjoy the friendship and excitement shared by more than 5 million adults in the U.S. that participate in reading groups! You will gain an appreciation of why Americans are crazy about books . . . and their book clubs!



Classic Woman Awards 2013 — *Meet one of five amazing women who represent the best in American caring and giving.*

**Marie Wolbach, AAUW Tech Trek
Science & Math Camp for Girls
Palo Alto, California**

From the Editors of Traditional Home, October 2013 Edition
*www.traditionalhome.com Story written by Rebecca Christian
Photograph by George Lange*



When the American Association of University Women (AAUW) published a 1992 report that girls were being shortchanged in STEM subjects—science, technology, engineering, and math—it struck a nerve with Marie Wolbach. Her own daughters were being teased as "brains." And Marie herself had

gone into nursing because an M.D. seemed impossible. In 1970, due to gender, she was not even allowed to apply for physician's assistant training. "I wanted girls interested in STEM to stay inspired and confident," she says.

Founded in 1998, Tech Trek camps are held on college campuses so middle-school girls get a thrilling taste of university life. Experiences range from studying marine life in San Francisco Bay to reading X-rays

to extracting DNA. In 15 years, the organization has hosted some 10,000 girls. From the first camp held on the Stanford University campus, Tech Trek has extended to numerous universities in five more states, with a plan of going national.

Some of the girls who have attended Tech Trek camps have become the first in their family to graduate from college. One of them is Ellen Le, the daughter of Vietnamese immigrants who yearned for her to succeed. With the organization's guidance, she applied for college, graduating in chemical engineering with a full scholarship from Stanford; she's now headed for Harvard.

Marie credits Mary Purcell, a former president of AAUW, "who saw the importance of the program and worked with me to help make volunteering valuable to people—and fun." She also greatly admires the late opera singer Beverly Sills, who became a passionate advocate for the arts after retiring from the stage. "She proved we don't have to do the same thing all of our lives," Marie says.

As Marie's heroine, Eleanor Roosevelt, implored: "You must do the thing you think you cannot do."

AAUW Membership

Half-Year Dues are an excellent way to recruit new members at the half-off rate that is valid from January 1 through March 15 for the current 2013-14 fiscal year. And if you use the **Shape the Future campaign** in which potential members participate in an event that's open to the public, the deal doubles. Hence, the total cost for national (\$12.25), state (\$3.00) and branch dues (\$6.50) is only **\$21.75**.

FREE Membership for Winter Graduates is a great way to honor a winter graduate this season using the **Give a Grad a Gift** campaign.

FREE Memberships for K-State Undergraduates is a "gift" throughout the year because K-State is an official college/university (C/U) partner. Apply online at: www.aauw.org.

Contact **Kathy Borck, Membership VP**, ksukatsmeow@aol.com, if you would like a membership brochure and letter sent to a perspective member. Send completed membership applications and dues to **Claudia Jones, Treasurer**, at 1727 Hollow Tree Lane, Manhattan, KS 66502

2014 Kansas AAUW Annual Meeting *Branching Out in the Little Apple*



Mark your calendars now for the 2014 Kansas AAUW Annual Meeting on **Saturday, April 12** in Manhattan. Hosted by the Manhattan Branch the meeting will be held in the comfortable new Leadership Studies Building on the Kansas State University Campus. The theme “Branching Out in the Little Apple” focuses on mem-

bership development, and National AAUW representative Claudia Richards will engage participants in a workshop on this important topic.

In addition, meeting participants will be welcomed by

Manhattan City Commissioner Usha Reddi and hear a keynote presentation by Kansas State University's first lady and associate dean for research and graduate programs in the College of Engineering Noel Schulz.

Registration for the 2014 Kansas AAUW Annual meeting is **\$25** and includes lunch and refreshments by local favorite Radina’s Coffeehouse and Roastery, all sessions and materials.

For more information about the annual meeting and how to get involved, contact 2014 Kansas AAUW Annual Meeting Branch Planning Committee Chair Olivia Collins at ocollins4662@gmail.com.

Call for Nominations

The Nominating Committee has been formed in anticipation of upcoming branch elections in April. President-elect Barbara Gatewood will serve as the chair along with current President Nancy Bolsen and Secretary Joan Strickler. Nominations will be taken for the following positions: President-elect, Vice President-Programs, Vice President-Membership, Secretary, and one Director-at-Large. Each position serves for a two year term with the exception of the President-elect, which is a one year term.



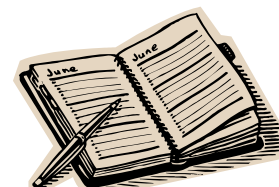
Nominees will be presented to the membership at the March 10th Branch meeting with elections to take place at the April 14th Branch meeting. Newly elected officers will be installed at the May 12th Branch meeting.

This is an excellent opportunity for you to volunteer to serve in a leadership position. If you have an interest, please contact Barbara Gatewood on 785-539-8804.

FEBRUARY AAUW CALENDAR

Black History Month

Feb. 1	Community Fair	10 a.m.—4 p.m.	Manhattan Town Center
2	Groundhog Day		
3	Board Meeting	Noon	Vista Drive-In, 1911 Tuttle Creek Blvd.
4	Sign-up Deadline	Noon	Feb. 10 branch meeting reservation
10	Branch Meeting	6:00 p.m.	First Congregational Church
12	Creative Cookery	11:30 a.m.	For this month’s location, contact Carol Dixon at 785-539-7257
13	Great Decisions	10:00 a.m.	Meadowlark Hills Retirement Center
14	Book Talk	10:00 a.m.	Manhattan Public Library
14	Valentine’s Day		
15	Deadline to submit newsletter articles		
17	Presidents Day		Government offices closed.
25	Serendipity	11:30 a.m.	For this month’s location, contact Claudia Jones at 785-537-4442



These are the regularly scheduled meetings. Please contact the chair listed in the yearbook/website for the most up-to-date information on Interest Groups.

AMERICAN ASSOCIATION OF
UNIVERSITY WOMEN

Nancy Bolsen
1731 Kings Road
Manhattan, KS 66503

Empowering Women Since 1881



Email: manhattanksaauw@gmail.com

The American Association of University Women, founded in 1881, is a nationwide community with more than 100,000 members and donors, 1,000 local branches, and 500 college and university (C/U) partners. Our mission is to advance equity for women and girls through advocacy, education, philanthropy, and research. In the 2012-13 academic year, for example, AAUW has committed more than \$4.3 million in fellowships and grants to outstanding women, AAUW branches, and community nonprofit organizations. It continues to have a dynamic influence on policymakers, educators, employers, and communities to break through barriers and enhance opportunities for women.

We're on the Web

<http://manhattan-ks.aauw.net/>

www.aauw.org