



Program Meeting

Monday, October 9, at 11:30 am

Learn about the Mesa Valley Education Association with President Amy Sue Javernick

Amy Sue Javernick is a Colorado native. She graduated from Olathe High School, and later earned a Bachelor of Arts degree in History with a minor in Elementary Education from Western State College (Western Colorado University) in Gunnison, CO. She then moved to the front range to complete a Master's degree in Special Education from University of Colorado at Colorado Springs. She has taught special education in Grand Junction, Gunnison, Colorado Springs, and Florence over the past 31 years.



Amy Sue and her son moved to the Grand Valley in the fall of 2006. She taught Special Education at Grand Junction High School for the past 17 years. She is a single mother of a grown son. She likes to knit, read, and work on projects around my house. Amy Sue has one cute little dog named Snickers. Her family has been in Colorado for more than 120 years and her extended family is spread all over the state.

Last May, 2023, Amy Sue was elected to be the president of Mesa Valley Education Association (MVEA), where she will be serving a three year term. She has been highly active within MVEA for the past eight years, serving on multiple committees, including negotiations. Amy Sue says: "When I think about my many years in teaching, I think about all of those students that I have worked with over the years. I loved my job and my students. But as I have worked within MVEA, I have learned that I love and value it too. I have developed a passion for helping teachers as much as I do students."

**Meeting to be Held at Crossroads United Methodist Church - Room 2
599 30 Road, Grand Junction (30 Road at Patterson Road)**

****Bring Your Own Brown Bag Lunch****

RSVP....to Jane....as a courtesy for room set-up

Branch President Jane Fitzgerald 970-241-9684

VP Programs Karen Pieper Hildebrand 432-312-4747

Secretary Loralee Kerr 970-523-5510

VP Membership Lori Wood 970-234-5674

Treasurer Carol Airoidi 530-949-4448

Newsletter Jane Fitzgerald 970-241-9684

President's Message from Jane Fitzgerald

I have been so pleased by the enthusiasm for AAUW that I have observed in the last few months, especially at our Coffee & Chat meetings. This has resulted in three new members... Benita R. Phillips, who has a BS degree in Nursing from the Intercollegiate Center for Nursing in Washington State; Claudette Konola, who has a BS degree in Finance from CU-Denver; and Debra Powell, who's last degree was a MS in Organizational Leadership from Regis University. Welcome, Ladies.

We also have two new student associate members.....Marialejandra Ledesma who is studying nursing and Wendy Deuschle who is also studying nursing. Both of these women are recipients of AAUW's Mary Rait/Mary Jewell Willsea Endowed Grant at Colorado Mesa University.

Some of you have wondered about not receiving a branch yearbook. The Board decided that almost all of the information found in previous yearbooks is now online on the branch website at <http://grandjunction-co.aauw.net>. Not printing a yearbook will result in saving paper and printing costs. Instead, we will periodically provide each of you with a sheet listing information about each of the current branch members, which you can then put into a plastic sleeve. We will do these sheets periodically because membership renewals are now based on the date one joined AAUW....or for long-term members, June 30 of each year.

Coffee & Chat Special Interest Group



This informal (fun) group will meet on **Saturday, October 28 at 9:30 am**.... on the patio at **Spoons Bistro & Bakery**, 3090 North 12th Street Grand Junction. This month's **Discussion Topic** will be: "Quality Education: How to Get There"....one of the United Nations Sustainable Development Goals (see next page). Come when you can; bring a friend. Call Jane at 970-241-9684 with any questions.

SAVE THE DATE

AAUW PUBLIC POLICY DAY, SATURDAY, FEB. 3, 2024
9:00-12:00 AM A VIRTUAL EVENT

"HOT TOPICS IN EDUCATION"

AAUW of Colorado will feature several state legislators and a number of statewide leaders

State Sen. Janet Buckner (SD29) and State Rep. Brianna Titone (HD27)
will keynote

What You Missed Last Month

Our Program Meeting and tour of Food Bank of the Rockies....Western Slope Etkin Distribution Center was so enlightening. They deliver donated or purchased food to various distribution sites in 13 counties. The building itself is huge with row after row of shelves containing items to be sorted by volunteers for distribution. They have a cold storage room for meat, as well as two very large dehydrating machines (so fresh fruit can be saved for later). They do not distribute directly to clients at this facility. Some food is packaged for Mobile Pantries, Food for Kids, Evergreen Boxes.....as well as regular boxes for other sites. A site usually calls in orders or special requests which is then packaged. We saw skids already loaded with boxes and the name of the distribution site indicated.

Fresh food is only accepted from approved commercial sites or from grocery stores (day-old stuff). In accepting food, the Food Bank prioritizes nutrition with fresh food about 28%, meat & other protein items about 18.9 %, and dairy about 16.1%.

Having found that language may be a barrier, the Food Bank is now involved in a “Culturally Responsive Food Initiative”. That means that they are now making an effort to distribute foods endemic to a specif culture.....like more kinds of spices and foods that people would normally eat in their native country.

Income received by the Food Bank is 71.3% from donations, 16.8 % from Foundations, and 8.9 % from corporations, and the balance from Other Sources. 96.1 % of the income is spent on their Programs.

If you would like to donate or volunteer at Food Bank of the Rockies, here is there website:
<https://www.foodbankrockies.org/about/western-slope/>.

AAUW National in Action

AAUW is participating in the United Nations’ Week of Action to advance its Sustainable Development Goals (SDGs). The Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate change, environmental degradation, peace and justice. The 17 Goals are all interconnected, and in order to leave no one behind, it is important that they all are achieved by 2030. See them by clicking on the link below.

A concerning new report shows progress toward the goal of achieving gender equality globally is under threat. AAUW’s Chief Executive Officer, Gloria L. Blackwell, represented AAUW at the UN to support the acceleration of progress toward the critically important SDGs. She encourages you to join the effort by sharing AAUW’s social media content and/or by reviewing the goals at <https://sdgs.un.org/goals> and seeing how you can help.

IMPORTANT VOTER INFORMATION

The Colorado Secretary of State's website provides a wealth of information about voting in our state. That website is: <https://www.coloradosos.gov/voter/>

TO FIND YOUR VOTER REGISTRATION. GO TO:

<https://www.coloradosos.gov/voter/pages/pub/olvr/findVoterReg.xhtml>

The Voter Details tab shows your personal information, Voter ID number, party affiliation, and your registration status. You can edit your voter information – such as changing your party affiliation, address, and contact information. If desired, you can request that your ballot be mailed to an address different from your residential address. The Ballot Information tab tells you the status of any current ballot. The County and District Information tab lists all the federal, state, county, city, and special districts in which you are included and in whose elections you qualify to vote.

IF YOU OR A LOVED ONE CAN NO LONGER SIGN A NAME

Every ballot envelope must be signed by the voter – and only the voter. Sometimes a voter loses the manual ability to sign their name. In that situation, the voter can make a mark on the Signature line and have the mark witnessed by a friend or loved one who then signs their own name on the Witness line below the voter's mark. A mark is a cross or other sign made in lieu of a signature. The most common mark is an "X" or a "+". When the voter signs with a mark that is witnessed, the ballot is accepted without further investigation. However, if the voter's pen stroke could be interpreted as an attempted signature (a squiggle, a wavy line, a loop) the signature will go through the signature verification process, in which the attempted signature will be compared with the voter's previous signatures on record. This process could result in a signature discrepancy which requires follow-up by the voter. So, if you or a loved one can no longer sign your/their name, make an "X" or a "+" mark on the ballot envelope and have the mark witnessed.

Have you heard this HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.

**** British Heart Foundation Senior Cardiac Nurse Christopher Allen says: The absolute priority when you think you or someone else is having a heart attack is to call 911. This way, paramedics can assess and aid you, and you'll get to hospital as fast as possible. ***There is no medical evidence to support 'cough CPR', which suggests you can help yourself by coughing vigorously if you think you're having a heart attack and are alone.***

A heart attack is when the blood supply to your heart muscle is interrupted; this is most commonly due to a blood clot. You then become unconscious. If you are still conscious (and you would have to be to do 'cough CPR'), then you are not in cardiac arrest and therefore CPR is not needed, but urgent medical help is vital.

**Please avoid
spreading this myth
any further**
