

## Calendar

**Monday, January 7** – 6 p.m.,  
Branch board meeting. Palm Beach  
Gardens Library.

**Tuesday, January 8** – 7 p.m. Bridge  
group. Marion Knapp's home.

**Monday, January 14** - 6:30 p.m.  
Branch meeting. "Mindfulness and  
Stress Reduction." Sheila Griffin,  
Calcagnini Center for Mindfulness at  
Jupiter Medical Center. North Palm  
Beach Library.

**Thursday, January 17** – 1 p.m.  
Book Club. Beverly Agee's. Kent  
Haruf's *Plainsong* to be discussed.

**Tuesday, January 18** – Deadline for  
sponsors, donations for benefit. See  
pages 3-5.

**Monday, February 4** – 6 p.m.  
Branch board meeting. Palm Beach  
Gardens Library.

**Tuesday, February 5** – 7 p.m.  
Bridge. Shirley Koo's home.

**Friday, February 8** – Deadline. Gala  
benefit reservations.

**Thursday, February 21** – 1 p.m.  
Book Club. Tina Chippa's home. *The  
Chilbury Ladies' Choir*, by Jennifer  
Ryan.

**Saturday, February 23**  
11:30 a.m. - 2:30 p.m.

### 39th Annual Gala Benefit Luncheon & Auction

**Sandhill Crane Golf Club**  
11401 Northlake Blvd.  
Palm Beach Gardens

**Speaker: Carey Haughwout**  
Public Defender, Palm Beach County

**President:** Shirley Koo  
[tccny12@gmail.com](mailto:tccny12@gmail.com)

**Newsletter:** Carol MacDonald, editor  
[carol.macdonald@yahoo.com](mailto:carol.macdonald@yahoo.com)  
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AAUW NPBC, PO Box 32043  
Palm Beach Gardens, FL 33420

## Mindfulness & Stress Reduction

Monday, 6:30 p.m., January 14

North Palm Beach Library

303 Anchorage Drive, North Palm Beach, FL

Start the new year right. Join us to learn about practicing mindfulness and techniques to reduce stress from Sheila Griffin, instructor and project manager of the Calcagnini Center for Mindfulness at Jupiter Medical Center.



Sheila Griffin

The center is 2,600-square-foot beautiful, soothing space overlooking the Jacqueline Fiske Healing Garden designed to provide assistance and teach people to be more mindful, to cope with symptoms of stress, and to manage the tension of everyday life.

In addition to marketing and community relations responsibilities, Griffin teaches the mindfulness-based stress reduction (MBSR) program and other mindfulness programs at the center. She leads weekly yoga and meditation practices and coordinates the integrative medicine lecture series.

Griffin has practiced meditation and mindfulness for almost three decades, and was trained to teach MBSR by the University of Massachusetts Medical School, Center for Mindfulness. She has a bachelor of business degree from Loyola University in New Orleans and a master of public administration degree from Florida Atlantic University. ♦

## Still time to donate, make reservations to gala

Wine, kitchen items, and gift cards are still wanted for the baskets to be auctioned at our fund raiser, February 23. Just bring them to the January meeting.

And if you received gift cards or other gifts that you don't want, consider donating them too. *Forms for donors and sponsors are on pages 3 to 5.*

Make reservations for the gala by February 8. The reservation card you received with your invitation has details on paying by check or credit card. If you pay by credit card, email Ann Hutchins a list of people with whom you'd like to sit, or if you have questions.  
[ashutch@umich.edu](mailto:ashutch@umich.edu) ♦

## Resolve to be active in AAUW this year

By Shirley Koo, Branch President

It's a good time for reflection and resolutions as we start the new year. Here are a few thoughts on how you can help our branch and get more out of being a member yourself.

### Bring in new members

Have you brought any friends to our meetings? For the past half dozen years or so, we have been able to maintain our membership numbers with new members replacing old ones.

However, we are always looking for more new members to grow our branch. At the next meeting on January 14, we will be holding our last Shape the Future discount for new members. This is a great opportunity for you to bring prospective members and to introduce them to our organization with our program on mindfulness.

### Make our gala a success

Our annual gala benefit is fast approaching on February 23. The lunch and auction is our prime fund raising event and will be at the Sandhill Crane Golf Club, 11401 Northlake Blvd., Palm Beach Gardens.

Have you invited friends to come and celebrate our 39th gala? Have you given sponsorship letters to a potential donor, a person or a business that you support?

We need donations to support our causes. If you or your friends are making a cash donation, don't forget that you have the ability to



Shirley Koo, branch president, left, with Pat Ross, AAUW Florida president, .

decide how you want your donation to be allocated. We need an all-out effort to make the gala a success.

### Join the leadership team

Our members are invited to participate by coming to monthly meetings, social events, and interest groups. If you would like to become more active in making decisions, consider being on the branch board, our Charitable Foundation board, and various committees, including the program and benefit committees.

We welcome suggestions regarding upcoming programs and social activities. Feel free to speak to me or any member of the board.

### Keep up with state, national

Lastly, take time to visit the websites for AAUW national ([www.aauw.org](http://www.aauw.org)) and state (<https://aauw-fl.aauw.net>) to keep up-to-date, as we all support our mission to promote gender equity for women and girls through research, education, and advocacy.

*I want to wish you all a happy, healthy new year! ♦*

### Directory pick up, correction

The branch yearbook and directory is a handy resource, for everything from member contacts to branch policies.

Pick yours up at a branch meeting, or ask someone who will be there to pick it up for you.

Typos happen, so check your listing and email Carol MacDonald with corrections. They'll be noted in the branch newsletter.

Make these corrections now:

- Laura Rabinowicz's email is [laurirab@hotmail.com](mailto:laurirab@hotmail.com).
- Amanda Pierman's email is [amanda.pierman@thebenjamin.school.org](mailto:amanda.pierman@thebenjamin.school.org). ♦

### Dinner Club welcomes subs

Dinner Club will have three more dinners in 2019. We're always happy to have more substitutes to fill in when a regular member cannot attend her planned dinner.

Enjoy a delicious dinner and get to know other AAUW members and guests. Email Ann Hutchins, [ashutch@umich.edu](mailto:ashutch@umich.edu), with your interest. ♦

### Adopt-A-Class says 'thanks'

Our Adopt-A-Class at the Hispanic Human Resources Center and their teachers loved the books from AAUW and send special thanks to those who brought those wonderful gifts to the branch holiday party for them. ♦

### Out and About canceled

There will be no Out and About Activities for January, February, or March due to low attendance. ♦



American Association of University Women Northern Palm Beach County  
PO Box 32043, Palm Beach Gardens, FL 33420

KEYNOTE SPEAKER  
**CAREY HAUGHWOUT, PUBLIC DEFENDER**

Dear Friends and Supporters of AAUW,

The Charitable Foundation, Inc. Northern Palm Beach County AAUW will be hosting their 39<sup>th</sup> Annual Benefit Gala Luncheon on Saturday, February 23, 2019 at Sandhill Crane Golf Club, 11401 Northlake Blvd., Palm Beach Gardens, FL 33412.

The mission of AAUW is to advance equity for women and girls through advocacy, education, philanthropy and research. We raise funds to support the following programs: *AAUW Fund* that includes fellowships and grants, *Legal Advocacy Fund*, *Public Policy Program*, the *National Conference for College Women Student Leaders (NCCWSL)*; *Florida Tech Trek*, a weeklong STEM (Science, Technology, Engineering, and Mathematics) Camp for rising 8<sup>th</sup> grade girls, an *AAUW Florida Supporting Foundation* program; and the *Doris Karlik Scholarship Fund* for Palm Beach County women seeking undergraduate degrees.

We would be most appreciative of your support of a donation towards our goal by purchasing a ticket to our event, becoming an event sponsor, purchasing a journal ad, donating to the basket auction, the silent auction or making a cash donation. With your support, we hope to meet a financial goal of \$20,000 to continue our AAUW programs.

If you have any questions, please contact Shirley Koo at [tccny12@gmail.com](mailto:tccny12@gmail.com) or Gayle Cratty at [gayle.cratty@gmail.com](mailto:gayle.cratty@gmail.com) or via her cell at 914.462.0687.

Thank you in advance for your generous support! We hope you will be joining us at our upcoming 2019 Benefit Gala Luncheon.

Gratefully yours,

A handwritten signature in black ink that reads "Shirley Koo".

Shirley Koo  
AAUW Branch President

A handwritten signature in black ink that reads "Gayle M. Cratty".

Gayle M. Cratty  
2019 Luncheon Chairwoman & Board Member

CH254455 A copy of the official registration and financial information about Charitable Foundation, Inc. Northern Palm Beach County American Association of University Women, a Florida non-profit corporation, may be obtained from the Division of Consumer Services by calling toll-free within the State, 1-800-435-7352. Registration does not imply endorsement, approval, or recommendation by the State. Charitable Foundation, Inc. Northern Palm Beach County American Association of University Women is a charitable tax-exempt organization pursuant to section 501 (c)(3) of the Internal Revenue Service Code. Federal I.D.#51-0638509. Contributions are tax deductible to the extent allowed by law.





Charitable Foundation, Inc. (CFI) Northern Palm Beach County AAUW  
PO Box 32043, Palm Beach Gardens, FL 33420

**39<sup>th</sup> Annual Benefit Gala Luncheon**  
February 23, 2019 11:30-2:30 PM  
Sandhill Crane Golf Club  
11401 Northlake Blvd., Palm Beach Gardens, FL 33412

KEYNOTE SPEAKER  
**CAREY HAUGHWOUT, PUBLIC DEFENDER**

Sponsorship Opportunities:

Underwriting Opportunities: (Full Page Ad in Program Journal and Signage at event)

- \$500 Sponsor a table for 8 college women students
- \$500 Event Photographer
- \$375 Valet
- \$400 Appetizer Course
- \$200 Floral Arrangements

Program Journal Ad Sales:

All artwork should be camera-ready. Email **CAMERA READY PDF or JPEG files** to: Gayle.Cratty@gmail.com

**Deadline for Camera-Ready Artwork for all Ads is January 18, 2019:**

Full page Color ad– Dimensions 5 ½ in w x 8 1/2 in h Cost \$100

Half page Color Ad – Dimensions 5 ½ in w x 4 ¼ in h Cost \$65

Quarter page Business Card Ad - Dimensions 5 ½ in w x 2 1/8 in h Cost \$40

Donations in Support of Our Programs:

Cash Donation \$\_\_\_\_\_ supporting:

- National Conference for College Women Student Leaders (NCCWSL) / \$1,000 per student
- Florida Tech Trek / \$1,100 per student
- The Doris Karlik Scholarship Fund / \$500-\$1,500 per student
- AAUW Fund Programs

Payment information:

Please make payment to: CFI NPBC, PO Box 32043, Palm Beach Gardens, FL 33420

Tickets: \_\_ \$70 per person (\$41.63 may be tax deductible)

Ads: \$100 full page \_\_\_\_\_ \$65 half page \_\_\_\_\_ \$40 \_\_\_\_\_ quarter page

Donations: Cash Donation Amount \$\_\_\_\_\_

Total enclosed: \$\_\_\_\_\_  Check enclosed  Charge my credit card

Name/s: \_\_\_\_\_ Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Credit card number \_\_\_\_\_ VISA/MC/AMEX

Expiration Date \_\_\_\_\_ CVC \_\_\_\_\_ Signature of Cardholder: \_\_\_\_\_



Charitable Foundation, Inc. Northern Palm Beach County AAUW  
PO Box 32043, Palm Beach Gardens, FL 33420

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**KEYNOTE SPEAKER**  
**CAREY HAUGHWOUT, PUBLIC DEFENDER**

**Auction Prize Donation Form:**

I would be happy to provide the following prize/s for use in the Basket Auction and Silent Auction. I understand this donation is tax-deductible (based on the fair market value of the item) as allowable by law.

Company/Vendor/Individual \_\_\_\_\_

Item Description \_\_\_\_\_

\_\_\_\_\_

Fair Market Value \_\_\_\_\_ Contact Person (please print) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (w) \_\_\_\_\_ Cell \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_ Signature \_\_\_\_\_

Please check one:  Item mailed  Item to be picked up by \_\_\_\_\_

Please specify where & when \_\_\_\_\_

**Auction donors will receive the following:**

- Listing as an Auction sponsor in the program journal
- Signage in the auction area

Please complete form and return it with donated item NO LATER THAN **January 18, 2019** to:

NPBC AAUW, PO Box 32043, Palm Beach Gardens, FL 33420

For questions, please contact Gayle Cratty at 914.462.0867 or [gayle.cratty@gmail.com](mailto:gayle.cratty@gmail.com)

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