



San Antonio Inc. (TX) Branch  
Advocating for Women and Girls since 1908

# Newsletter

May 2015 Volume 106, Issue 7

*Our Mission: AAUW advances equity for women and girls through advocacy, education, philanthropy, and research.*

## President's Corner

Greetings, AAUW Members!

Our April meeting was so successful. We've had much positive feedback from the donors of the Katye Duderstadt scholarship and Katye's family, from the scholarship winners, and from many of our members. In fact, I think this entire year has been a great success. Our focus on the mission of AAUW has heightened our awareness of what an outstanding organization AAUW is. Each of our programs aptly demonstrated our theme of Empowerment by showing the impact of being empowered and empowering. We enjoy one another's company at monthly meetings and at our lively and varied interest groups. Our social media presence via Facebook and Twitter has expanded greatly. We can be so proud of our beautifully formatted, engaging, and informational newsletter and of our updated AAUW-SA website. Our membership is up and, hopefully, our branch membership numbers will continue to grow.

Thank you all for not only being part of AAUW and AAUW-SA, but for contributing your time and expertise to make our branch a destination organization. I hope to see you at our final meeting this year on May 2nd!



*Pat Sanford*



Featured Speaker.....	2
Book Drive.....	3
Interest Groups.....	4-5
Public Policy.....	6
In Compassion.....	6
Did You Know.....	6
Member Spotlight.....	7
Interest Group Highlight...	8
National News.....	9
April Meeting.....	10
Social Media.....	11-12

## May's Meeting

**Where:** Luce Ristorante e Enoteca,  
11255 Huebner Rd., SAT 78230

**Time:** 11:30 am – 1:30 pm  
Cost: \$20

**Program:** Empowering Students One  
Book At a Time

**Presenter:** Robyn Myers, Program  
Manager, San Antonio Youth Literacy

**Saturday, May 2, 2015**  
*Please bring children's books to donate.*



*Please RSVP to Pat by  
Wednesday, April 29th  
[pacmsan@me.com](mailto:pacmsan@me.com) or 210-392-0728*

### Menu Choices:

Baby Spinach Salad with  
Grilled Salmon  
OR

Floured and Sauteed Chicken  
Breast and Toasted Garlic  
Vegetables, and Salad  
OR

House Crafted Meatballs, Penne  
Pasta, and Tomato Sauce, & Salad

### San Antonio Branch Officers

*President Pat Sanford*

*President-Elect Pat Sanford*

*VP Membership Malinda Gaul, Esq.*

*VP Programs Fran Vettters*

*Treasurer Janina Kuzma*

*Co-Secretaries Diantha Perelli*

*Dr. Karen Reichensperger*

### Membership Reminder



#### Don't forget to renew your membership!

It is time to renew your membership! If your information has not changed, simply mail a check (P.O. Box 460825 SAT 78246) or bring it to a meeting. If your information has changed, fill out the membership form which is available online or at a meeting. Regular membership is \$75 and Life Members renew for \$26. If you renew or join during or before the May meeting, you will be entered in the drawing for a free membership.

**Don't delay – join now!**

## ➤ May Featured Speaker

**Robyn Myers, Program Manager, San Antonio Youth Literacy**

**"Empowering Students One Book At a Time"**

Who would have thought that a woman holding a degree in marketing and advertising would end up teaching reading to 2nd graders who are at risk of school failure due to poor reading skills?

Robyn Myers has found her purpose in life and she loves it! First as a volunteer and then as a staff member, Robyn became an enthusiastic supporter of the SAYL results-based program which meets the literacy needs of at-risk children. She trains Reading Buddies tutors, oversees their volunteerism in 20 area schools, works with local teachers, educates parents, and fosters an enjoyment of reading in emerging readers.

Because studies show that 3rd graders must be able to read and comprehend what they read in order to succeed later in high school and life, SAYL's program is vitally important. By third grade children no longer "learn to read" but "read to learn." Helping them to close the gap in reading deficiency and enabling their parents to introduce literacy in their homes is a mission that empowers families, schools, and communities.

Robyn's zeal for her work is contagious. You'll love hearing what she has to say about the Reading Buddies program and the kids it helps!

*By Fran Vettters*



10 Must-Have Children's Books STORY AND PICTURES BY MAURICE SENDAK

## BOOK DRIVE @ MAY 2 MEETING

### Give the Gift of Reading!

*Year after year we hear that many of our students do not have books of their own. Studies in educational development show that children who grow up owning books are much more likely to graduate high school. Give the gift of reading by donating to the SAYL Book Buddies!*



**Participate in our  
Book Buddy Drive!**

**Give students in  
under resourced  
schools the gift of  
reading!**

**Types of Books:  
Suitable books for  
kids in grades K-6**

**Host a book drive  
yourself or drop  
off at our SAYL  
office!**

### **SAN ANTONIO YOUTH LITERACY**

1616 E. Commerce  
San Antonio, TX 78205

[www.sayl.org](http://www.sayl.org)

Contact us to Donate:

210-299-1533

[bookbuddies@sayl.org](mailto:bookbuddies@sayl.org)



# Interest Groups!



## Chat - N - Chew

When: Sunday, May 3, 2015 @ 2:00 pm  
Where: The home of Lillian McPherson  
Contact: Please RSVP to Malinda Gaul  
@ 210-490-7315, 210-410-8992 or  
mgaul@satx.rr.com.



## Historic Southwest

When: Saturday, May 9, 2015 @ 12:00 pm  
Where: Doubletree Hotel on the corner of  
McCullough and IH 410 East  
Cost: Lunch & Meeting is \$21  
Speaker: Linda Fisher (Former member of  
AAUW and Historic Southwest, former  
teacher at S.A.I.S.D., History Teacher at  
N.E.I.S.D.).  
Program: Katherine Stinson – "A Pioneering  
Legend on Land and in the Air."

## World Affairs Discussion Group

No May Meeting



## Moviegoers

When: Saturday, April 25, 2015, afternoon.  
Where: TBA via email on Friday, April 24,  
when theater bookings are announced.  
When: Saturday, May 23, 2015, afternoon.  
Where: TBA via email on Friday, May 22,  
when theater bookings are announced.  
Contact: Fran Veters to add your name to  
the list @ 210-481-7765 or  
frankenveters@sbcglobal.net.

## Night Bridge

When: First and Third Mondays @ 6:45 pm  
Location: La Madeline at Park North  
Loop 410 and Blanco  
Contact: Marilyn Traylor @ 210-696-8299





## Culinary Adventures

When: Thursday, April 16, 2015,  
11:00 am

We do have reservations, but we must  
arrive by 11:00.

Where: Kimura (Japanese )  
152 East Pecan St., Ste. 102, 78205

Contact: Fran Vettters to reserve.  
210-481-7765

frankenvettters@sbcglobal.net

When: Thursday, May 21, 2015, 11:00 am

Where: Food Trucks, Main Plaza,  
downtown.

Specific vendors not announced on  
website until May.

No reservations required, but trucks open  
at 11:00.

There are tables and shade.

126 E. Main Plaza, 78205

Contact: Fran Vettters if you plan to  
come. 210-481-7765

frankenvettters@sbcglobal.net



## Book Discussion

When: Saturday, May 9, 2015 @ 10:00 am

Where: The home of Fran Vettters, 25018  
Burnt Arrow, SAT, 78258,

What: We will decide on the books to read  
for the oncoming year. Bring your  
suggestions. We meet during the summer  
so we will vote on ten books.

Contact: Please RSVP to Diantha Perelli @  
210-497-4121, cyclobabe1946@yahoo.com

or Fran Vettters @ 210-481-7765 or  
frankenvettters@sbcglobal.net.



## Wandering Wonders

When: Friday, April 24, 2015 @ 10:00 am

Where: Cathedral Rock Nature Park  
8002 Grissom Road, SAT 78251

What: This walk will be about 3 miles. We will  
arrange carpools to the park. After the walk, we  
will have lunch at a nearby restaurant. For more  
information and to sign up for the outing, contact  
Fran Vettters @ frankenvettters@sbcglobal.net or  
210-347-8962.

When: Friday, May 15, 2015 @ 10:00 am

Where: San Antonio Botanical Gardens, 555  
Funston Place, SAT 78209

What: This outing, we will walk through the  
various areas of these beautiful gardens. We will  
walk about 2 1/2 miles, at a moderate pace,  
taking time to smell the roses. We will then have  
lunch at the Carriage House in the gardens. For  
more information and to sign up for the walk,  
contact Nancy Anderson @ (210) 370-9459 or  
anderson@loyno.edu.

## Wine, Women, and Wisdom/ Cocktails and Convo's

When: Thursday, April 23, 2015 @ 5:00 pm

Where: Silo Elevated Cuisine, 434 N Loop  
1604 W, SAT 78232

What: Unhappy Hour – Recognizing the wage  
gap that exists between men and women.

When: Thursday, May 28, 2015 @ 5:00 pm

Where: Frederick's, 7701 Broadway, Suite 20,  
SAT 78209

Contact: Malinda Gaul @ 210-490-7315,  
210-410-8992 or mgaul@satx.rr.com

Sometimes being one of few women in the technology field, especially as a manager, may lead to gender discrimination and an uncomfortable work environment. Lara, who is a senior engineering manager for the online marketplace Etsy, discusses her journey in, “The Ticking Clock: An Etsy Engineering Manager Describes Tech Culture.” Her experiences and the upcoming report, “Solving the Equation: The Variables for Women’s Success in Engineering and Computing,” emphasize the importance of best management practices for women’s persistence in technology and engineering workplaces. You can read this incredible blog post on the AAUW website at <http://www.aauw.org/2015/03/24/ticking-clock/>.



*Monica Ruiz-Mills*

## ➤ *In Compassion*

The sympathy of all the Branch members is extended to Mary Brennan on the loss of her mother, Ruth Brennan, on March 28, 2015. Funeral services were held in Galveston, Texas on April 1.

<http://www.legacy.com/obituaries/friendswood/obituary.aspx?n=ruth-a-brennan-brennan&pid=174542885>

## ➤ *Did you know?*

Gayle Ketchum-Long has visited 32 states by airways or roadways and, with her husband and two cats, travels thousands of miles every summer in their Air Stream trailer, going on months-long rallies to the northwestern United States. Gayle and Joe are also licensed pilots and over the years they have logged a lot of air miles, too. They used to take their grandchildren on weekend visits to Florida.

Gayle, a registered nurse, retired from Galen College of Nursing as an Administrator and Educator in 2013. She has been a member of AAUW since 1981.



### **Mary Heye, PhD – Student and Nurse, Teacher and Doctor**

"I had an insatiable desire to learn more." Dr. Mary Heye has pursued the theory and the art of nursing through education and practice almost all her life. Her mother, a registered nurse who worked in the Brooke Army Burn Unit, was an influence. Volunteer work at Santa Rosa Hospital during high school piqued her interest. Both her parents, by insisting that their children take responsibility for weekly checks on the elderly and widowed in their neighborhood, were the ultimate role models and inspiration for helping and caring.

Mary always wanted to understand the connections between body and illness and says she "fell in love" with the newly-established nursing program at the UT Health Science Center on the cutting edge of education and nursing science. From a Hispanic family, Mary taught her instructors a bit about Mexican culture while they taught her about "the big world of professional nursing." She noted that in her class of 60 there were only two Mexican-Americans represented, a man and herself. The very fair and blonde Mary quotes her classmates as affectionately calling her "an inside-out oreo."

After receiving her BSN in 1974, Mary moved to Austin to work on the cardiac unit of Brackenridge Hospital in Austin and began taking Master's level courses at UT-Austin. She returned to San Antonio to complete her MSN with a minor in Nursing Education and immediately began teaching at the UTHSCSA School of Nursing.

But Mary's "desire to learn more kept popping up." She drove to Austin once a week and took summer courses to complete her PhD in Adult Health Nursing in 1989. During this time she continued working full time, got married, and gave birth to a daughter!

The title of Mary's dissertation was "Patient Pain Perceptions and Coping During Early Convalescence Bypass Graft Surgery." Her research included levels of pain, the characteristics of pain, the pathophysiology involved in cardiac illness, the physical manipulation and tissues involved in cardiac surgery, and the medications and interventions to reduce pain. Just two of her findings among many: Sleeping in a lounge chair palliated pain more effectively than sleeping in a flat bed; Hispanic patients coped with pain more emotively than cognitively.

Mary claims to be retired, but each semester she teaches an on-line graduate nursing course for Georgetown University with face-to-face weekly seminars, retains adjunct faculty positions, serves on the Institutional Review Board for research for Methodist Hospital, and is currently on a dissertation committee. And all of that is in relation to her professional life. In her personal life Mary spends time with her husband, travels, golfs, bicycles, gardens and landscapes, and does some volunteer work with shut-ins.

In her dedication to nursing and to determining best practices for the best patient outcomes, Mary has lived her passion to learn and fulfilled her motivation to serve to the benefit of us all.

*By Fran Vettters*



The AAUW walking group, affectionately known as “The Wandering Wonders,” is composed of congenial women who enjoy the outdoors, exercise, and warm camaraderie. We walk together once a month for about three miles, at a moderate pace, in diverse locations in and around San Antonio. We have walked along the various stretches of the beautiful Greenway Trails that ring our city; in Brackenridge, Hardberger, and McAllister parks; the San Antonio Botanical Gardens; Government Canyon State Natural Area; Medina River Natural Area; Friedrich Wilderness Park, and other places of natural beauty. We are an adventurous group, always looking for new walking trails to discover and enjoy. After our walks, we usually go for an informal lunch together in a nearby restaurant. All AAUW members and friends are welcome to join us. For more information, contact Nancy Fix Anderson at (210) 370-9459 or [anderson@loyno.edu](mailto:anderson@loyno.edu)







### **Exercise Your Right to Vote!**



It's time! Voting in the AAUW national election opened on April 15th and continues through June 19th. Read about the important items on this year's ballot online or in the Spring/Summer Outlook. We are electing the 2015-2017 President and Vice President, the AAUW Board of Directors, 12 proposed changes to our Public Policy Programs, and five amendments to our bylaws – including proposals about AAUW's membership degree requirement, title changes of officers, our support of the Equal Rights Amendment, and more.

Malinda Gaul, a member of our SA branch for more than 25 years, who has served in leadership positions locally, and at the state and national levels, is running for re-election. We want Malinda to win in a big way so she can continue to bring her professional legal experience to bear on the issue of equitable rights for all women and girls; build membership through outreach to younger women on campus and in the workforce; and work with branches and states to emphasize AAUW's groundbreaking research in planning programs.

You may vote on-line. Watch for your unique voting link, coming to your e-mail inbox on April 16th. Clicking on the link takes you straight to your ballot. You can also navigate to the online ballot from the AAUW homepage and then enter your member ID and your voter PIN. Those numbers are included in the voter e-mail and on the back of your Spring/Summer Outlook.

Thank you for voting.

*--Pat Sanford*



**2015-2016 AAUW SA Board**



**AAUW 2015 Scholarship Recipients**



**AAUW Scholarship Recipients and Family  
and Friends of Katye Duderstadt**



**April Speaker Laura Van**



**AAUW SA President Pat Sanford Holding San  
Antonio's Equal Pay Day Proclamation Signed by  
Mayor Ivy Taylor**

State and Plano/Collins County Newsletter Editor Robin Bellerby published a Social Media Q&A for her branch members. She has graciously given me permission to publish for the San Antonio Membership. If you have any questions, please email the editor at [aecastro07@yahoo.com](mailto:aecastro07@yahoo.com).

**-Editor**

**Q. What is Social Media, and why should I use it?**

*A. Social Media allows people to exchange information, ideas, and pictures/videos in virtual communities and networks. By building your networks online, you can exchange information quickly and easily. Think of the difference in having to phone every person in your network versus posting your message in your virtual communities. Then, as you share with others, they too can pass on the information to their contacts. This can be especially important to AAUW for member recruitment and retention as well as event attendance.*

**Q. But, I don't feel safe putting my identity out there for everyone to see it.**

*A. Every social media tool has the ability to set privacy settings. You can let everyone in the world see your profile and postings or you can limit it to only those you choose to be in your network. Yes, we live in a world that sometimes proves insecure. Only share what you feel comfortable sharing and never include sensitive information. And, use strong passwords!*

**Q. What's a strong password?**

*A. The best way to create - and remember - a strong password is to use the first letters of words that compose a sentence. For example, I graduated from University of Texas in 78. The password would be IgfUoTi78. It would be hard to remember that password on its own, but using a sentence makes it very easy. If a website requires a special character, then you can put an exclamation point at the end of the password - IgfUoTi78! It's that simple.*

Please check out our website for more information  
including our history and how to join:

 <http://sanantonio-tx.aauw.net/>



Please take a moment to like us on Facebook at:  
<https://www.facebook.com/aauw.sanantonio>

You can also Tweet to us, with us and retweet for us:

**Please follow us @AAUW\_San Antonio or**



[https://twitter.com/AAUW\\_SanAntonio](https://twitter.com/AAUW_SanAntonio)

If you need to drop us a line via email, you can reach us at:



**AAUW.SanAntonio@gmail.com**



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104302918292245957288/about](https://plus.google.com/u/0/b/104302918292245957288/104302918292245957288/about)

We would love to be added to your network.

You can connect with us at:



<http://www.linkedin.com/in/aauwsanantonio/>