



Programs &
Events

2010-11

AAUW

Harrisonburg Branch

Book Group

Meets the fourth Thursday of every month,
September through May except for December, at 2pm.
For more information, contact Pem Liskey at 434-1295.

FALL 2010

Programs are **Saturday 10am to noon** unless otherwise noted.

Sept. 25, Home of Betty Salisbury, Mt. Clinton

The World Bank

Member Linda Dove talks about the World Bank and her experience working there for 19 years.

Oct. 23, 10am-4pm, Heritage Center, Dayton, **Registration & Fee**
AAUW of Virginia North West District Meeting

A Day of Shenandoah Valley History

Tour the Center's 19th century Cromer-Trumbo House with guide and fellow member Rosemarie Palmer. Eat lunch at the Thomas House Restaurant.

Nov. 20, WMRA, 983 Reservoir St.

Managing Non-Commercial Media: WMRA/WEMC Radio

How do you run a non-profit broadcast station in tough economic times? General manager Tom Duval; assistant general manager, programming Matt Bengay; and producer Martha Woodroof share their experiences.

Dec. 4 (snow/ice date Dec. 11), Home of Jan Leach
Holiday Tea and Silent Auction for Legal Advocacy Fund

Islamic Holidays and Traditions

Discover the religious holidays of the Islamic faith and their observance customs and foods.

SPRING 2011

Programs are **Saturday 10am to noon** unless otherwise noted.

Jan. 15 (snow/ice date Jan. 22), WVPT

Managing a Regional Public Library & All-Branch Read

Lois Jones, director of the Massanutten Regional Public Library, discusses the care, feeding, and funding of a public

library system. Group discussion follows of a Book Group selection that we have read over the holidays.

Feb. 19 (snow/ice date Feb. 26), WVPT

Tuna Surprise

Stay tuned for an exciting program that is in the “works”—something better than an old tuna casserole.

March 19, Courtyard Marriott, **Registration & Fee**

Annual Breakfast Meeting and Officer Elections

Snap Shots of the Middle East

Member Lorie Merrow explains her impression of several Middle-Eastern countries based on her travels and work with students.

April 16, RMH Wellness Center, Stone Spring Road

Pelvic Floor, Core Strength & Balance: A Fitness Workshop

We're skipping the tea and cookies this month as personal trainer Cathy Thorton shows us how to tune up our bodies. Weak pelvic floor and core muscles can cause many health problems for women, such as low-back pain, incontinence, vulvar pain, painful intercourse, and uterine prolapse. And everyone needs good balance. You're not too out-of-shape or too fit to benefit. The exercises are gentle yet subtle work that challenges and advances you to your next level. So put on some comfy clothes and join in!

April 8-10, Wytheville

AAUW of Virginia Statewide Meeting

May 16, Monday, 6 pm, Sunnyside Retirement Community

Potluck and Business Meeting

The Shenandoah Mountain Wilderness Proposal

The founder of Friends of Shenandoah Mountain, Lynn Cameron, presents the case for a new wilderness area to protect a valuable Virginia resource. Also, nature writer Chris Bolgiano describes why wind turbines and mountains don't mix.

Please bring a dish to share—drinks provided.

June 16-19, Washington DC

2011 AAUW National Convention

AAUW—the American Association of University Women—is a nationwide network of more than 100,000 members and donors, 1,000 branches, and 500 college/university institution partners.

For more than 128 years, AAUW's mission has been to advance equity for women and girls through advocacy, education, philanthropy, and research.

Founded in 1929, the AAUW Harrisonburg Branch serves the southern Shenandoah Valley.

For more information, contact:

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