

January Branch Meeting
Optimizing Your Health with Plant-based Eating
Sally Lipsky, Ph.D.
January 14, 2016 9:30 AM
Municipal Meeting Room
Murrysville Community Library
4100 Sardis Road

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Did your New Year's resolution include improving your nutrition, getting or staying in shape, or beginning a healthier lifestyle? What you eat will put you on track to fulfilling that resolution. AAUW member Sally Lipsky, in 2008, while still in treatment for late-stage cancer, began educating herself about the science of nutrition and the power of whole-food, plant-based foods to heal and protect from disease. She found that researchers estimate that at least 70% of modern chronic diseases (obesity, diabetes, high blood pressure, coronary heart disease, autoimmune diseases and cancer) could be prevented and even reversed by consuming a whole plant-based diet.

For this presentation, "Optimizing Your Health with Plant-based Eating," Sally will explain how a plant-based diet is related to health and longevity, and discuss practical ways to follow a plant-based diet, including suggestions for meal preparation and helpful resources. Join us to learn how food choices can make a positive influence on your health.

Sally Lipsky has a Ph.D. in Education from the University of Pittsburgh and a Certificate in Plant-based Nutrition from the T. Colin Campbell Center for Nutrition Studies.



SNOW POLICY

**If Franklin Regional Schools are canceled,
AAUW meetings are cancelled**

President's Letter

Well, I just don't know where to start! Our speaker for the December Branch meeting, Andrew Reamer, principal percussionist for the Pittsburgh Symphony Orchestra was



simply outstanding. We not only learned how he plays his instruments, but how he builds his own drums. He told us about his education and how he

rose to the position he now holds in the symphony. He played a wonderful improvisation of Christmas melodies on his vibraphone, which I am sure he made up as he played. All in all, if you missed this meeting, I'm sorry. It was really great! Special thanks to Carol Ellis, Susan Petrie, Pinney Powell and Annie Rivers who provided those delicious Christmas cookies to enjoy!



January brings a different kind of meeting. Sally Lipsky will get us back into good eating habits with her talk on an all-vegetable diet. After the Christmas cookies and wassail, I am sure this meeting will be welcome to those of us who would like to lose a few pounds.

January promises cold weather and most likely snow. Remember our cancellation policy: if Franklin Regional School District is closed then we cancel also. Otherwise, our meetings will go on as planned. For the special interest groups, it is up to the hostess as to whether the meeting is canceled.

As I write this letter, we are looking forward to the holiday with friends and family. I hope you all have a safe and joyous holiday and happy new year!

Sally

Reading for Pleasure

January's selection is *Following Atticus*, a memoir by Tom Ryan. It's the inspiring story of how Ryan and his miniature schnauzer companion, Atticus M. Finch, attempted to scale all forty-eight of New Hampshire's 4,000 foot White Mountains twice in the dead of winter. Annie Augustine will review this delightful book at the home of Sally Haleen on January 28 at 10 AM. Contact Sally to let her know you'll be attending.



Marge Hanes

In Memoriam

As you all know from Sally's email, our charter member, Dee Splitstone died December 8th. Dee was active in Needlework and helped with Book Sales. She looked forward to our monthly meetings and lunch with the speaker. Dee's own battle with Chronic Myelo-monocytic Leukemia led her to become an advocate for newly diagnosed CMML patients. Even though Dee experienced many set backs with her health problems, she always had a winning smile and remained positive. She will be sorely missed. AAUW has sent a contribution to the Murrysville Community Library for a book to be purchased in her memory.



Carol Ellis



The GREAT DECISIONS books will be ordered in late December or early January, and I will hopefully have the books for the January Branch meeting on Thursday, January 14th. If the \$25.00 books are not in for the Branch meeting, they will be delivered to you in January. We will be meeting for four Wednesdays in March and four in April. The meetings are always at 10:00 AM in the Municipal Meeting Room (Library level). The first meeting will be Wednesday, March 2, 2016, from 10:00 to 11:30 AM. Subsequent March meetings are on March 9th, March 16th and March 30th. We will not meet on the Wednesday before Easter. The April meetings are on April 6th, April 13th, April 20th and the final meeting on April 27th.

The topics are as follows:

- Shifting Alliances in the Middle East**
- The Rise of ISIS**
- The Future of Kurdistan**
- International Migration**
- Korean Choices**
- The United Nations Post-2015**
- Climate Geopolitics**
- Cuba and the U.S.**

Bjorg Granger volunteered to lead the discussion of the “Climate Geopolitics” topic, and Michele Clarke volunteered to lead the discussion on “Cuba and the U.S.”. Please let me know if you have a topic you would like to research further and lead that discussion. We will work out the order of discussion topics closer to the time. On page 4 of the December FOCUS, the topics were described in more detail. Also, the Foreign Policy Association Great Decisions website at: http://www.fpa.org/great_decisions/ has further information on the topics and lists additional resources for in-depth study.

Please remember that our Great Decisions meetings are open to the public, and you are encouraged to invite others to participate. I look forward to eight weeks of interesting, informed discussions.

Annie S. Rivers

January 2016

1	Fri.		
7	Thurs.	9:30 AM	Board Meeting – Municipal Meeting Room† Board Members, please email Sally if you cannot attend.
14	Thurs.	9:30 AM	Branch Meeting – Municipal Meeting Room† Bring a guest!
18	Mon.		Focus Deadline – Email articles to Donna Beard.
22	Fri.	10:00 AM	Duplicate Bridge at the home of Nancy Veyo. Please let her know if you cannot attend.
28	Thurs.	10:00 AM	Reading for Pleasure at the home of Sally Haleen. Please let her know if you plan to attend.

† The Municipal Meeting Room is located at the entrance to the Murrysville Community Library, 4100 Sardis Road.



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