



February Branch Meeting

**Organic Consciousness
The Solution to Household Toxicity
Dr. Robert Brown**

Thursday, February 14, 2019 9:30 AM

**Murrysville Community Library Meeting Room
4100 Sardis Road, Murrysville, PA**

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For the past 25 years, radiologist Dr. Robert Brown has studied the health of over 300,000 patients. X-rays, CT scans, ultrasound studies, and MRI scans have shown him the assorted effects that disease and injury can have on human health. Over this time, he has accumulated vast experience with how toxins affect our lives: from the initial presentation of a disease through recovery, disability or death. What he has concluded is that many diseases are either directly caused by toxins or may result from medications and procedures performed to treat toxin exposure. He believes that by simply removing toxins from our daily lives, we can dramatically improve and restore our health.

In this program he will teach us how and why toxicity in our homes is silently making many of us sick and what we can do about it. Dr. Brown will cover various categories of home toxicity including: essentials (air, food, and water); conveniences (processed foods, food preparation, household, and personal products); and energy sources and spirit (electromagnetic fields, light, and meditation). He will also present a framework of organic consciousness including steps to eliminate environmental toxins from our homes and to harness the power of mindfulness thereby providing an environmental sanctuary for optimal health.

This program is offered in cooperation with the Murrysville Community Library and is open to the public. No advanced registration is required.



Like us at

AAUW-Murrysville Branch

Snow Policy

If Franklin Regional Schools are cancelled, AAUW meetings are cancelled.

If Franklin Regional Schools are delayed, AAUW meetings will be held as scheduled.



Presidents' Letter

In spite of the 22-degree morning temperature, we welcomed 21 AAUW members and 12 guests at our January Branch meeting to hear Professor John Nagle give a master class with a power point presentation explaining how PA district voting maps are drawn. He presented graphs and statistical analysis of votes by districts, and showed some new ideas for redrawing voting districts to make outcomes more fair in PA state elections.

Gerrymandering will continue to be a hot topic.

Thank you, Susan Greenberg, for coordinating our meeting by arranging details for the speaker and facilitating the computer set up with the library.

We are excited that our Branch will be sponsoring two separate mile markers on the Westmoreland Heritage Trail running through Murrysville. What a great way to get some winter exercise!

Shake off winter doldrums with our Wine and Food Tasting event on February 20 at Eighty Acres. See article for sign up details.

Great Decisions begins February 22. If you have not come before, do give it a try.

Hope everyone is staying well and enjoying all those books you bought at our Book Sale.

See you at the next Branch meeting on February 14.

Susan and Janet
Co-Presidents



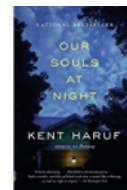
Reading for Pleasure

Join us on February 28 at 10:00 AM at Redstone Highlands. Sue McPherson is our hostess, so please let her know if you plan to attend:

724-327-6414, home;

724-575-0149, cell;

SWMRCM@aol.com



Please park in the upper lot and use the main entrance. One of us will be "on duty" to tell you where the meeting room is.

Our book discussion, led by Diane Eldridge, will be about "Our Souls at Night" by Kent Haruf.

Bio for Speaker

This month's speaker, Rob Brown, MD, is a physician with a deep-rooted passion for wellness and spiritual exploration. Dr. Brown's formal medical education began at the University of Miami School of Medicine. He completed a residency training program in diagnostic radiology in Pittsburgh and his fellowship training at the University of California, San Diego in musculoskeletal radiology. As a diagnostic radiologist, Dr. Brown has worked both in private practice and academic centers, including NYU Medical Center and the Cleveland Clinic Foundation. He has written many journal articles in peer reviewed radiology publications, as well as several book chapters in the radiology literature. Through his years of experience, including surviving a diagnosis of cancer, he has seen the effect toxins in our homes and lives have on human health, and has learned how providing an environmental sanctuary is critical to good health. To share these findings, he has recently authored the book *Toxic Home/Conscious Home: A Mindful Approach to Wellness at Home*.

Great Decisions Spring 2019



GREAT DECISIONS Discussion Group Meetings will begin on February 22 and be held every Friday morning from 10:00 AM to

11:00 AM until April 12. The meetings will be in the Murrysville Community Library Meeting Room. The official Foreign Policy Association GREAT DECISIONS DVD will be shown prior to the discussion at 9:30 AM in the same room. Watching the thirty minute DVD is optional but highly recommended.

Because of the discussion leaders' personal schedules, the topics will not be in the order presented in the Briefing Book. The first topic to be discussed will be **The Middle East: Regional Disorder**. This will be on Friday, February 22, and the discussion leader will be Sue Hauser.

The March schedule of meetings topics and leaders are as follows:

March 1 – Janet Sutton

Decoding U.S.-China Trade

March 8 – Barbara Glozik

State of the State Department and Diplomacy

March 16 – Susan Greenberg

The United States and Mexico: Partnership Tested

March 22 – Joyce Vernon

Nuclear Negotiations: Back to the Future?

March 29 – Charlie Beard

Cyber Conflicts and Geopolitics

The last two topics will be in April and their schedule will be announced in March.

If someone is interested in purchasing a GREAT DECISIONS Briefing Book, Please contact Annie S. Rivers at 412-354-1411 or anniesrivers@yahoo.com. The meetings and DVD viewings are open to the public. Feel free to bring a friend to any discussion.

Annie S. Rivers
GREAT DECISIONS Coordinator
anniesrivers@yahoo.com
cell phone 412-354-1411

Bayernhof Music Museum Tour

Please come, join in and tour the Bayernhof Music Museum! You will experience breathtaking views of Pittsburgh, Highland Park and Oakland from a unique mansion built by Charles B. Brown to showcase his vast collection of rare musical instruments.

On Thursday March 21, we will have a guided tour of the 19,000 square foot mansion, built high on a hill in Sharpsburg, the mansion's very secret hidden passageway and other distinctive architectural eccentricities, highlighting the extensive and rare collection of old, rare automatic musical instruments and Victrola machines displayed in almost every room of the house.

Don't miss this opportunity! That being said, this tour involves many steps, so be ready! The tour begins at 10:00 AM on March 21. Please meet at 9:00 AM on the east side of the Pat Catan parking lot to car pool. The cost is \$10 and the tour is limited to 12 members.

RSVP to Diane Conway at dianeconway52@gmail.com.



Membership

Welcome to our newest members!

Laura Livingston
724-331-5773
livingla@comcast.net

Mary Catherine Reljac
412-916-3123
mreljac@franklinregional.k12.pa.us

The Third Annual Wine & Food Tasting

Eighty Acres
Wednesday, February 20, 4:00-6:30 PM
\$39 per person

Eighty Acres will once again be our destination for a wine and food pairing in February. This is a great opportunity to share a totally social evening with members and their guests and enjoy lovely food and drink. Keep in mind this is a tasting. The four courses will include 2 ounce pours and small servings.

There is space for twenty-six people. The cost of \$39 includes tax and tip. Guests are welcome to attend with members. Reservations will be accepted based on the first twenty-six people to pay. There will be a waiting list, if necessary.

Make checks payable to Carol Gezon and mail them to me at 3309 Hermar Court, Murrysville, 15668. I will also accept them at the February branch meeting. If you have questions, feel free to call or email me at murrysvilleaauw@gmail.com.



**EIGHTY
ACRES**
KITCHEN & BAR

Menu

Talbott Kali Hart Chardonnay
Spaghetti Squash Bisque
Grilled Shrimp, Toasted Hazelnuts,
Paprika Oil

Rare Black Blend
Seared Yellow Fin Tuna
Vegetable Caponata, S.A.B.

Finca Hispina Tempranillo
Braised Lamb
Roasted Butternut Squash,
Sweet Onion Sauce

Pistachio Cake
Oranges, Dark Chocolate,
Ice Cream



AAUW to Sponsor Westmoreland Heritage Trail


The Board is pleased to announce support of the Westmoreland Heritage Trail with a commitment of \$80.00 annually. This will pay for signs that will be placed on two separate mile posts showing our logo and the tag line "empowering women since 1881". We have requested that one of these signs be placed on the current section of the completed trail with the second to be erected on the new section between the Roberts Trailhead and Export, due to be completed this fall. Hopefully, as you walk, run, ski or bike the trail, you will see the first of these additions soon.

Thanks

I want to thank all of you for the notes and cards I received while I was in rehab recovering from hip surgery. You kept reminding me that there was a world outside my hospital bed and wheelchair. You saved my sanity!

Thank you again,
Sue McPherson



February			
7	Thurs.	9:30 AM	Board Meeting – Murrysville Community Library Meeting Room† Board members please let Susan and Janet know if unable to attend.
14	Thurs.	9:30 AM	Branch Meeting – Murrysville Community Library Meeting Room† 
18	Mon		Deadline to email Focus articles to Donna Beard at djbeard2@gmail.com
20	Wed..	4:00 PM	Wine- Food Pairing at Eighty Acres Restaurant. RSVP with check to Carol Gezon to secure your seat(s).
22	Fri.	9:30 AM 10:00 AM	Great Decisions – The Middle East: Regional Disorder. DVD at 9:30, discussion starting at 10:00 in the Murrysville Community Library Meeting Room.†
22	Fri.	1:00 PM	Duplicate Bridge at the home of Dodie Hagan, 3667 Blue Sage Ct. Please let Dodie know if you cannot come at 724-325-3263 or dodiehagan@gmail.com.
26	Tue.	11:00 AM 9:00 PM	MCL Dining to Donate in collaboration with Applebee's.
28	Thurs.	9:30 AM	Reading for Pleasure at Redstone Highlands with Sue McPherson as hostess. Please RSVP to Sue at 724-327-6414, 724-575-0149, cell or SWMRCM@aol.com if you plan to attend.
3/1	Fri.	9:30 AM 10:00 AM	Great Decisions – Decoding U.S.-China Trade. DVD at 9:30, discussion starting at 10:00 in the Murrysville Community Library Meeting Room.†

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



Check out our Facebook page at **AAUW-Murrysville Branch**

The FOCUS is published monthly, except in July and August, by the Murrysville Area Branch of the American Association of University Women. Co-Presidents: Susan Petrie and Janet Sutton, Editor: Donna Beard, Email: MurrysvilleAAUW@gmail.com. The American Association of University Women, founded in 1881, is open to all graduates who hold an associate degree or equivalent, or baccalaureate or higher degree from a college or university or academically accredited institution. In principle and practice AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability or class. Membership is not by invitation. AAUW advances equity for all women and girls through advocacy, education and research. The Murrysville Area AAUW has an affiliate membership available to anyone who does not hold an associate or baccalaureate degree.