



## January Branch Meeting Recycling And More: A Novel Community-Based Approach

**Val Paulisick**  
Director, Rewind- Reuse Center & Workshop

**January 9, 2025 10:00 AM**

**Murrysville Community Library**

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### Snow Policy

If FR Schools are closed,  
AAUW meetings are canceled.

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

The Rewind-Reuse Center and Workshop, a 501 (c)(3) organization, was initiated by Val Paulisick on June 7, 2019, in a small shop in downtown Export, PA. The vision was to provide a stimulating space in which to educate, inspire, and empower children and adults. It is dedicated to a green initiative reusing unwanted (but very usable) materials rather than sending items to the landfill. The goal is to educate our community to be better stewards of the environment and to acknowledge the wealth of art and cultural diversity within our world. The Rewind program is able to serve children and adults of all abilities, and help build a life-long audience for art and recycled materials.

Val's interest in learning through arts and crafts stems from growing up in a family of tinkers and hands-on learning. Her broader interest is to be of service to the community at large. The Center itself provides free resources to qualified churches, groups, non-profits and educational programs, and has outreach programs established with other institutions that are mutually beneficial. She has also established a "Free Library" consisting of a free-standing bookcase filled with donated books on a variety of subjects, including crafts for children and adults, and literature of all subjects for all ages. The "take one, give one" concept has become very popular within the community.

Val's interest in outreach to the public is reflective of her academic and professional background. She has BS and MSW degrees, and has practiced in the field of Social Work and Health Care for over 23 years. She has also been engaged, for more than 20 years, in non-profit board and State representation in United Cerebral Palsy, Tourette Syndrome and local Board memberships.

## President's Letter

Out with the old and in with the new!  
*Getting rid of "the old" responsibly!*



2025 – A new year! The excitement of new year's revelries and the promise of all things new often make us giddy with the prospect change and progress. We cheer "Out with the old, and in with the new!", resolving to make changes in our lives. Thus, it must seem odd that AAUW this month asks us to think of saving old things, to think of reducing, recycling, reusing, and repurposing our possessions for the health of the planet (and perhaps our own sanity!).

Did you know that . . .

- Recycling has been around for thousands of years.
- 75% of all aluminum produced in the US is still around today.
- Plastic bottles are often recycled into downgraded products, like carpet and fiberfill for jackets.
- Recycling 1 ton of cardboard saves 46 gallons of oil.
- Across the globe, nearly 1 trillion single-use plastic bags are used every year.
- Over 11 million tons of glass bottles and jars are thrown into landfills each year.
- By recycling 1 ton of paper, 17 trees are saved.
- Every day in the US, millions of single-use plastic straws are thrown away.
- There is more plastic in the ocean than there are stars in the Milky Way.

- Electronic waste, or e-waste, represents only 2% of trash in landfill in the US, but equals up to 70% of overall toxic waste.

*Breanna Workman, Recycle Track Systems,  
2020*

January's program features local recycling enthusiast, Val Paulisick, who will be speaking about "Recycling and More: A Novel Community-Based Approach." Ms. Paulisick, founder of the Rewind-Reuse Center and Workshop in Export, will propose ways that each of us can use discarded materials rather than sending them to landfills. Energetic, creative, and inspiring, Ms. Paulisick promises to help us achieve our **re(solution)** to go "out with the old, and in with the new" in an environmentally sustainable way.

Happy New Year everyone!

Diane Kaufmann  
President, Murrysville Area AAUW



### Ideas, please!

Planning for next year's Branch programs is now well under way. Do you have an idea for a speaker or topic? Please let Andrea Cole, Janet Sutton, or Diane Conway know – or come to the Board meeting on January 2<sup>nd</sup> to share your suggestion!

## Five Steps to **Reduce, Reuse, Recycle** New Year's (Re)Solutions



*Liesel Clark, on her website, **Pioneering the Simple Life** suggests the following “new year’s resolutions” for anyone wanting a home decluttered in a sustainable manner.*

*She urges her readership to live more thoughtfully, by buying less and using and reusing what they have.*

**STEP ONE:** Each day of the week choose one room to focus on, so you don’t wear yourself out on day one. Do a decluttering pass through the room, carrying a box which will hold the items you’re ready to offload.

**STEP TWO:** Can any of your unwanted stuff be reused? Keeping our stuff in our local materials economy is one of the greatest gifts you can give your own community, connecting you to the people around you and helping us all to reduce our consumption. Don’t be shy! Your stuff is another person’s treasure.

**STEP THREE:** Have a few spare boxes ready to hold your leftover unwanted and unused items in your garage, basement, attic or spare room where you can then separate the pile into distinct categories such as:

1. **Stuff to Donate to an Animal Shelter:** Do you have old blankets, towels, or extra pens and pencils hanging about? You’d be surprised to learn what items most animal shelters could use
2. **Stuff to Donate to a Charity That Will Come and Pick Things Up:**
3. **Electronics Recycling:** Take stock of your e-waste — your electronics that no longer

work or that you haven’t used in a year or two, and take them to Best Buy! At most Best Buy stores, you can recycle up to three items per household per day (There are different limitations on TVs, computer monitors and laptops). Plus, haul-away options are available for larger items in your home.

4. **Metals can go to a nearby scrap metal facility:** Metals of all types have value and can be repurposed into new items made of metal. Saving things that are primarily made of metal can benefit your scrap metal facility greatly and keep those precious materials out of the landfill and in our materials economy for years to come.

**STEP FOUR:** If you’re trying to reduce old stockpiled boxes of random stuff, make a pledge to go through one box at a time. Give yourself time to go through it and separate the items into recyclable items and those that can be given away and reused. Try to remind yourself that we’re stewards of our stuff on this planet and our job is to, at the end of your stuff’s usefulness to you, dispense with it responsibly.

**STEP FIVE** Make a promise to yourself to be mindful of what you acquire. Promise that all new things going into your home this year will be used and loved extensively, not squirreled away in yet another box to be offloaded at the end of the year, resulting in less waste and less unnecessary clutter in your life for stepping out into a new year.

*Reducing junk brings a sense of freedom and joy*

## Used Book and Puzzle Sale News

Our Fall 2024 Used Book and Puzzle Sale raised over \$6600 by selling about 190 boxes of used books and 450 puzzles! Since we also raised over \$6800 at our Spring 2024 UBS, we were able to donate \$10,000 for 2024 to the Murrysville Community Library to help fund the many wonderful services it provides to our community. We use our part of the money raised to fund our informative and entertaining speakers programs open to the public at each branch meeting.

As we begin a new year, I want to share with you the plans for future fundraising events.

### USED PUZZLE & COOKBOOK SALE

- Saturday, February 1, 2025
- Murrysville Community Library
- 9:30 AM - 3:30 PM

Please visit our sale to stock up on very affordable quality puzzles and inspiring cookbooks for cozy time at home during the last weeks of winter.

### SPRING USED BOOK & PUZZLE SALE

- May 1, 2 & 3, 2025
- Murrysville Community Library
- More details to follow.

Please mark your calendars now. I look forward to your invaluable help once again!

### FALL USED BOOK & PUZZLE SALE

- Dates and details TBD

I wish you all a happy and healthy 2025. See you at the library! 😊

Jane Kerr  
UBS Chair



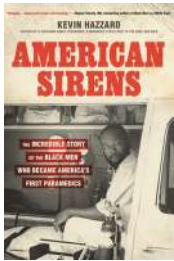
**President Diane Kaufmann Presenting Branch Donation to the MCL Staff**



**Puzzle Coordinator Susan Petrie and Book Sale Chair Jane Kerr Recognized at Branch Meeting**

## Reading for Pleasure

2025!! How did that happen? As we begin the new year, we delve into a part of Pittsburgh history that I certainly knew nothing about. Come to the Murrysville Community Library's Conference Room on Thursday, January 23<sup>rd</sup>, to join the discussion on Kevin Hazzard's



book: *American Sirens: The Incredible Story Of The Black Men Who Became America's First Paramedics*. We will be meeting at 10:00 AM in the Conference Room. Bjoerg Granger will be leading us in the discussion of the nation's first EMS service.

Somehow November/December has flown by and I seem to be listening to my Pratchett books more than actually reading anything new. I'm not sure if it is because I am antsy about all the holiday preparations I am procrastinating on or if I am picking up books that I start and then set down because I can't get really excited about them. I've got stacks of books but can't seem to get motivated by any of them. I have enjoyed my Discworld series as I drive around and even as I putter around the house. I'm on my sixth audiobook since I got back from our trip to Portugal. I feel like a person can't go wrong with Terry Pratchett and the wonderful actors who narrate his books.

I hope the holidays have been fun and enjoyable for all. Come to our RFP meeting on the 23<sup>rd</sup> and discuss and share in the pleasure of reading. What have you had time to read now that the doldrums of winter have set in? All suggestions welcomed.

Annie S. Rivers  
RFP Co-Chair



## AAUW Communications Award

Tremayne Parquet, Deputy Director of Advancement AAUW National, shared some exciting news with our Branch. AAUW Murrysville Area (PA) has achieved a star in AAUW's FY24 Five Star Program! Our branch attained the Communications & External Relations star. This recognition is a testament to the dedication, hard work, and commitment of our branch members to advancing AAUW's mission.



## We Need Your Ideas

Have you heard a speaker, read an article, or participated in a discussion which you think would be of interest to the members of our Branch? Please share your ideas for 2025-2026 topics with our programming committee! Andrea Cole, Janet Sutton, or Diane Conway would love to hear from you! The Board meets on Thursday, January 2<sup>nd</sup>. All visitors are welcome

## Photos from December Branch Meeting Social



**Our Speakers**

## January 2025

1	Weds.		
2	Thurs.	9:45 AM	<b>Branch Meeting</b> - Murrysville Community Library Meeting Room†. Board members please let Diane know if unable to attend
9	Thurs.	10:00 AM	<b>Branch Meeting</b> - Murrysville Community Library TechNook†
13	Mon.		<b>Deadline</b> to email Focus articles to Donna Beard.
20	Mon.		<b>Martin Luther King Day</b>
		9:30 AM	<b>Duplicate Bridge</b> - at the home of Donna Beard.
23	Thurs	10:00 AM	<b>Reading for Pleasure</b> – Murrysville Community Library Meeting Room†.
2/1	Sat..	9:30 AM to 3:30 PM	<b>Used Puzzle &amp; Cookbook Sale</b> – Murrysville Community Library

† The Murrysville Community Library (MCL) Meeting Room is located at the entrance to the Murrysville Community Library, 4130 Sardis Road. The TechNook is located in the main library room just before the main stacks.



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