



# The Vine

**CHURCH WOMEN UNITED OF LANE COUNTY**  
*cwulanecounty.org*

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## **UPCOMING EVENTS**

**February 7**      **Breakfast at Brails**  
**Tues 7-8:30am**      1689 Willamette St.  
(Note day change)      Obesity in Children

**February 3**      **First United Lutheran**  
**Fri 9:00 am**      2230 Washington St.  
Obesity in Children

**March 6**      **Breakfast at Brail**  
**Tues 7-8:30am**      1689 Willamette  
**World Day of Prayer**

**March 2**      **St. Jude Catholic**  
**Fri 9:00 am**      4330 Willamette St  
**World Day of Prayer**

### **FEBRUARY PROGRAM**

Our February Breakfast at Brails and Forum will feature Laurie Trieger, Executive Director of The Lane Coalition for Healthy Active Youth (LCHAY). Laurie will speak about the root causes and community-based solutions to the childhood obesity epidemic. She will cover the role and influence of media and advertising as well as changes to our food system and physical activity habits. Please join us.

### **LOOKING AHEAD TO MARCH**

World Day of Prayer will be observed on Friday, March 2nd, and Tuesday, March 6. This year's program is titled "Let Justice Prevail!" and was written by the women of Malaysia. Come and join other women in prayer for justice around the world.

## A WORD FROM OUR PRESIDENT

Phyllis Hockley

**Come, follow me! Come and see!**

Was caught by those 2 lines in the gospel reading in church this morning.

You want to know what the Christian life is all about? As Jesus said to Phillip and he says to us as Church Women United, Come, follow me.

Want to know what Jesus was like? As Phillip said to Nathanael and he says to all of us, Come, and see.

Jesus is gathering together his disciples, his companions on the journey, his team. And we're starting a new year and we've gathered together a team, our board. Our bi-laws are in place, our policies and procedures. The officers have a description of their duties. You know, getting that all in order was a lot of work. Jesus kept it a lot simpler. Never wrote out a thing for the disciples to follow. Just said to them, Come, follow me.

And as I think about Phillip's recruitment strategy, I realize that he gave no answers to how can someone from a hick town be the Messiah, no answers to where or why. Just, come and see.

So how will the new disciples learn the policies and procedures? By following him. By doing what he does.

So what was the life of Jesus like, the one they were to follow. Looking at his spiritual life I see he prayed all night, went out alone to pray, had a 40 day retreat. Guess following Jesus means we get serious about finding time to keep in touch with the Divine Spirit.

And what did his material life look like? Well, he said he had no place to lay his head, probably did some couch surfing, staying with friends like Mary and Martha. Said not to have thought for tomorrow, or worry about tomorrow, and not to lay up treasure here on earth. Guess following Jesus would mean keeping life pretty simple.

And what about his relationship with people? Turn the other cheek, Go the 2<sup>nd</sup> mile, forgive 70 times 7, Feed the hungry, Heal the sick, visit the prisoners, love one another as I have loved you. Guess following Jesus means we do a lot of caring for others, and a lot of showing love to all.

As the new year begins, let us each look at the way we will answer the call to come, follow me.

## A LOOK AT OUR JANUARY FORUM

Leslie Hall

### The Struggle of Homeless Students

Imagine not having a place to go at the end of the day or a refrigerator full of food. Imagine sleeping under a bridge or taking multiple buses to get to school.

At our January meeting we heard from two students who were homeless and volunteered with the national McKinney-Vento program in Springfield. (Good news: One of them had moved into a house earlier in the week!) The young women were joined by two staff members who work in the Springfield Public School District's M-V program, housed in the Brattain House. This staff supports youth and their families and interfaces with other agencies as the students struggle to keep safe, clean, fed, sheltered. It was sobering to hear about these struggles, as well as student's efforts to get to and from school and do their schoolwork.

Some of the services offered through the M-V program include: advocacy, case management, clothing, computer/internet access, enrollment assistance, health services, homework assistance, mail service, mentoring, parenting education, school supplies, and referrals for shelter, housing, and other resources.

In December several CWU members delivered gifts to the youth in this program, including coupons for meals, gift cards, socks, hygiene products, and cash donations. Their needs are great. Mentioned at the forum was the need for clothing, shoes, toilet paper, and school supplies, So if you have time, take over a gift card from b-mart or a gas card, or a donation for school fees. They are located at 1030 G Street in Springfield, For info, their # is 541-744-2581.



**Many of us grew up with the adage: "An apple a day keeps the doctor away".**

I haven't heard that much lately, but it looks like it needs to come back in fashion. Research has indicated that eating apples and pears (white "flesh" fruits) may lower stroke risk, apparently because they contain a substance called quercetin that may help against stroke. This does not mean you should give up other fruits and vegetables because they help your health in other ways, but it is probably a good idea to add apples and pears to your diet. Clarice Bates, RN, Source: Cleveland Clinic Heart Advisor



**Robin Fillmore,  
CWU Advocacy Coordinator  
in Washington D.C.**

I had the opportunity to join a stakeholders meeting for the Blue Campaign, the effort by the federal government to coordinate work being done by the various departments concerning Human Trafficking. It was encouraging to hear how members of the Department of Homeland Security have such a passion for this work, and hear of it's successes.

The representative from the Department of Justice discussed the need for law enforcement to use a victim-centered approach so that those who have suffered so greatly will not have further trauma as they navigate the road to recovery. And the numbers of those being caught and prosecuted for there part in trafficking others has risen each year.

An important point that was stressed was the need for communities to be aware of situations in which they may come into contact with persons who have been trafficked. DHS has created a helpful training resource that anyone can watch. It provides good information about the places where ordinary citizens may be confronted with a potential trafficking situation and what (and when) they should do something about it. To view this video resource, go to: [http://www.dhs.gov/xlibrary/training/dhs\\_awareness\\_training\\_fy12/launchPage.htm](http://www.dhs.gov/xlibrary/training/dhs_awareness_training_fy12/launchPage.htm). It takes about 15 minutes to complete the training.

**WHAT IS THIS?  
Dianne Beuerman**

My first appearances were in Tunisia, Egypt, Toronto Canada, Madrid Spain, London England and then New York City, then Eugene, Oregon. I now have been seen in 900 cities around the world. Bishop Desmond Tutu calls me "a voice for the world".

I've been bold, lived in primitive conditions, created community and an atmosphere of honest thought and speech. My ideas are ancient and have already been implemented or are being considered right here at home. Gar Alperowitz calls my new vision "Community Sustaining Democratic Economy."

There are in the United States 120,000,000 people involved in co-ops and credit unions, 11,000 worker-owned companies, 450 community development associations and 20 states considering a single payer health plan. This is an old vision for a new opportunity oriented country. **I am the Occupy Movement!**

**PLU AND YOU  
Judy Romans**

We have all come to recognize the little labels stuck on the apples, tomatoes, etc., we buy in the grocery store. Ever wonder what they mean? They are called PLU labels (Price Look Up) and their primary purpose is to allow checkers to swiftly identify the item and to let the store computer look up the current price. But they also have clues for the shopper about how the produce was grown.

Most items have a four digit code, which signifies the usual farming methods, which is to say, they might be treated with whichever herbicides and/or pesticides the farmer deemed necessary to raise the crop. A five digit code beginning with "9" means the crops are organically raised, and a five digit code starting with "8" are for genetically modified (GM) produce. GM foods are not found in nature, and may contain genetic material from other plants, or bacteria, or even shellfish or animals. One common type of corn grown in the U.S., for example, is from GM seed containing bacteria genes (Bt, Bacillus thuringiensis) to produce a pesticide toxic to insects.. Thus PLU code 4014 is for valencia oranges, 84014 is for genetically modified valencia oranges, while 94014 denotes organically grown valencia oranges.

If you want fresh fruits and vegetables in these dark days of winter, it's nearly impossible to find anything local, unless you still have some kale or carrots or other cold hardy plants in the garden. Anything else you must obtain from the grocery store. PLU labels give you a little more information about the food you may, or may not, want to purchase. And in case you're interested, the labels themselves are not edible, although the glue used to adhere them to the produce is.



**INTERESTED IN  
BIBLE STUDY?**

Bring your sack lunch to the meeting on Friday, March 2, and we will spend an hour looking at the story of the woman at the well in John 4:1-42. Rose Marie Zook Barber, pastor of Eugene Mennonite Church, will facilitate our discussion. Please read the text before you come.

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### UPCOMING EVENTS

Monday, January 30, 7PM "**Women and Violence**" at First Church of Christ, Scientist, 1390 Pearl St. Talks by Theya McCown of Womenspace and Denise Wikinson of Zonta. They will discuss and answer questions about violence affecting women in our community including domestic violence and gang-related human trafficking. Following their remarks there will be an open



### TWO YEARS OF REAL PROGRESS

Two years after the devastating earthquake in Haiti, the scars left on the bodies and in the minds of the children are still healing.

But there is very real recovery taking place on the ground - thanks to the generosity of UNICEF supporters: More than 80,000 children are now learning in 193 schools constructed by UNICEF since the earthquake.

Some 393,000 children have been screened and over 15,300 were treated for acute malnutrition in 2011. 8,780 separated children have been registered and over 2,770 reunified with their families since the earthquake. All good news!!