



The Vine

CHURCH WOMEN UNITED OF LANE COUNTY
cwulanecounty.org

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UPCOMING EVENTS

February 1 United Lutheran
Friday 2230 Washington St.
9-11:15am "Our Justice System"

February 5 Breakfast at Brails
Tuesday 1690 Willamette
7-8:30 am "Our Justice System"

March 2 Allison Park Christian
Saturday 1520 Echo Hollow Road
9-11:15 Celebration: World Day of Prayer
Welcoming the Stranger
(Joint meeting with Friday forums and
Breakfast at Brail's forums)

FEBRUARY FORUM Smart On Crime

Patricia Coldeen will speak about her experiences in the criminal justice system and the programs that were imperative for her change.

These programs included drug treatment while she was incarcerated and re-entry services through Sponsor's when she was released. A 4 point student at LCC, preparing to enter the University of Oregon in the fall, Ms. Coldeen works weekends at Jackson's Foods, a company that was willing to give her a chance. Evenings she is on-call as a substance abuse counselor for Willamette Family Treatment Services.

"People can and do change and as a community we need to support that change. Not only is it the humane thing to do but it saves money, lots of money." Join our discussion. Sign up for the lobby day Monday, February 25th, Salem.



TOTALLY SURROUNDED
WITH OUR LOVE

CARING CONNECTION

If you know of a CWU woman or family member needing a card or connection because of sickness or other need, call Jane Heidegger at 541-485-6229.

LOOKING AHEAD TO MARCH

"I was a stranger and you welcomed me," is the theme for our World Day of Prayer Celebration. Our worship service will explore the theme of strangers and immigrants and Rev. Debbie Pitney, pastor at First United Methodist will be our speaker.

A WORD FROM OUR PRESIDENT Anne O'Brien

I must begin this message with a sincere message of sympathy to our dear Board member, Diane Beuerman, on the loss of her beloved husband, Dave Beuerman. Dave died suddenly on January 5. May God give Diane and her family the strength as well as courage to deal with the loss of their husband and father and grandfather. He was a lovely man and he will be missed. May he rest in peace.

We were saddened at our January meeting to hear that our precious Sister Margaret Grazziano will be moving up to Marylhurst in the Lake Oswego area to be with other sisters of her order in her retirement. Retiring, and she is only 96! Her life has been a model of love, kindness, and devotion. Sister has been involved with Church Women United for many years. She was the first recipient of our CWU Lane County Human Rights Award for her many years of working for human rights of all in the community and especially for children and for our incarcerated brothers and sisters. How wonderful of God to allow her to be with us all these years. We wish you well, Dear Margaret and we will miss you terribly.

Matthew 11:28-30 Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

I do want you all to know that CWU of Lane County is maintaining its commitment to good works in the community. We have endorsed the Safe Public Places campaign of Beyond Toxics (see the report on our January Forums) and we are signed on as Coalition Members of Health Care for All Oregonians. Ruth Duemler, with us at Church Women United for many years, is a leader in that group.

A LOOK AT OUR JANUARY FORUM Anne O'Brien

Stewardship of Creation

Lisa Arkin, director of Beyond Toxics did a stellar job of sharing compelling stories about the indiscriminate use of pesticides in Oregon. Many of us were not aware that more stringent controls on spraying that came into effect in 1994 expired in 1999. These chemicals are sprayed in many public places you thought were safe: public parks, in and around public buildings and on public roads. As a consequence, we are often exposed to poisons without even knowing it! We now know that these pesticides are linked to damage to our ecosystem and to our health, especially the health of women (especially pregnant women) and children. Beyond Toxics is not throwing up its hands at this problem. BT has proposed legislation to establish "pesticides as a last option" and our Board voted to sign on as endorsing this proposed legislation. Lisa shared some good news too. Lane County is the only county in the State that has banned these insecticides on its public grounds and that program has been very successful. Thanks for an enlightening and engaging presentation, Lisa Arkin, and thanks, church women, for your enlightened and engaging questions. We don't throw up our hands either.



**MONTHLY
SHARING
WITH
BRATTAIN
HOUSE**

**WE DON'T STOP
WITH JUST LISTENING.
Anne O'Brien**

Church Women United of Lane County is an action oriented group. We don't just listen to our speakers, we try to follow through with some sort of action. We even have a strong committee called Ecumenical ACTION Committee, which plans forums and tries to come up with actions related to each forum. Recall last year we had some lovely young ladies from Brattain House, a hub for family support services in the Springfield School District. They asked for donations of clothing (especially warm things in winter), toiletries, feminine hygiene products, toilet paper. **We have had several collections for Brattain House and Betsy Steffensen has volunteered to go over there after each of our meetings if you will bring donations of any of these products. Thanks for your many generous actions.**



**STEPHANIE JONES
CWU ADVOCACY
COORDINATOR
IN WASHINGTON, DC**

On January 11-13, we participated in a Weekend of Prayer to mobilize people of faith throughout the United States to pray and work for an end to a terrible scourge. It marked the 150th anniversary of the Emancipation Proclamation, President Lincoln's directive abolishing slavery in the United States. But sadly, while illegal in the United States and in most places in the world, slavery continues to exist today in the form of human trafficking, bonded and forced labor, and sex trafficking - and some of it is happening right in our own communities.

It is estimated that more than 20 million people are caught in some form of slavery somewhere in the world right now. Between 600,000 and 800,000 are trafficked internationally, with as many as 17,500 people trafficked into the United States. Nearly three out of every four victims are women. Half of modern-day slaves are children.

In furtherance of our social and economic justice Quadrennial Priorities, Church Women United joined a coalition of abolitionists and prayer leaders to raise awareness of the issue. There were many prayer gatherings and we participated in a modern Emancipation Rally on the steps of the Lincoln Memorial. Kenneth Morris, Jr., great-great-great grandson of Frederick Douglass was the keynote speaker and I led a prayer on behalf of the Church Women movement.

**FEB 4 RALLY FOR HEALTH CARE
Schedule for Rally in Salem**

Sign In: Room 50 of Capitol Building 9:30 - 10:30

March: (weather permitting) 10:30 - 11:30

Rally: 11:30 - 12:30

Lobby Training: 12:30 - 1:00

Lunch/Lobby: 1:00 - 3:00

Closing Plenary and Debrief: 3:00 - 3:30

Social Hour: 3:30 - 5:30

Remember: wear red, bring a lunch, and take your rain gear!

Busses leave Eugene at 8:30. To sign up for the bus, contact Pat Bitner, at patbitner@gmail.com. The cost is \$10, paid in advance.



**HEART-HEALTHY CHOCOLATE
Judy Romans**

Good news about the health benefits of chocolate, just in time for Valentines Day. Recent studies have shown that chocolate can help lower blood pressure and protect your heart. Chocolate also contains antioxidants, which can help repair cells damaged by bodily functions like respiration and environmental contaminants. Now the bad news: this applies only to dark chocolate, not the milk or white chocolate varieties. In fact, one study showed that milk actually interferes with the good chemicals (called flavanols) found in cocoa. Another caveat: the process used to neutralize the natural acids in chocolate in making "Dutch" cocoa results in fewer of the flavanols, and thus less health benefit.

And to complicate the matter even further, many chocolate candies contain sugar and other fats, which offset the benefits of the cocoa. So unless you enjoy eating unsweetened baking cocoa powder straight from the can, look for dark chocolate containing at least 70% cocoa and, as in most things in life, moderation is the key.

If you don't like chocolate, or don't want the extra calories of candy, the same type of chemicals that give cocoa its healthy aspect are also found in other foods, such as, cranberries, apples, peanuts, onions, tea, red grapes and red wine. Bon appetit!

**IN PARTNERSHIP FOR SAFETY
AND JUSTICE**

Cindy Kokis

On Monday, February 25th, CWU members will be in Salem urging changes in the ways we use our public safety dollars. Funding wise programs can end the "revolving door", where lives are spent cycling in and out of prison. There are good alternatives to sentencing a drunk driver to ten years in prison at a cost of \$350,000.

The Justice System can protect the community, hold accountable those who break the law, and work to change behaviors. Our representatives in Salem need to know that we stand with them as they work for alternatives. They are not being "soft" but "smart" on crime.

For car pool information, call Cindy at 541-342-6450.

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UPCOMING EVENTS

Saturday, February 23, 3:00 pm, Eugene Public Library:
Opening event, community read, Dead Man Walking.

Saturday, February 23, 9:30-3pm. First United Methodist
Green Neighbor Faire-Lectures, workshops, demonstrations & info.
10am Mark Lakeman-Creating a Green Community Culture
10:30am City of Eugene Climate Education Program

Monday, February 25th, 9:00 am, Salem
Partnership for Safety and Justice lobby day. Car pool sign-up Feb 1st.

Thursday, February 28th, 9:00 am, Salem
Interfaith Advocacy Day. Special bus - watch for news.

March: "International Women's Day" Special Events

Saturday, March 16th, 2:00 pm, Eugene Public Library
Sister Helen Prejean: talk, book signing